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DOWNING
PRODUCER
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EDITOR'S LETTER



We took a lot of car trips when I was a kid. Granted I was small, but our station wagon seemed giant. I remember crawling back to visit my mother where she lay down during long trips. She suffered from arthritis and fibromyalgia, so my dad would try to ease her pain by constructing a bed of sorts out of a foam mattress that we made into a comfy nest with lots of my grandmother's quilts.

As the youngest and smallest, I had free rein of the car's vast real estate because I could fit almost

ROAD TRIP

anywhere. (This was before the benefit of seat belts.) I would lie next to my mother under the West Texas stars, conferring quietly about something long forgotten. Or I would stretch out across the front bench seat with my head in Dad's lap, trying to discern if the sound of thunder on The Doors' "Riders on the Storm" (which I found spooky) was coming from the radio or the real rainstorm outside.

We were four kids, all together—three brothers and my sister. Linda had it the worst. I can only imagine how stinky and gross we boys were, how much we must've bugged her. But she made the most

of her outnumbered situation and found escape in books. Actually, we were all bookworms. My family was known to my cousins as "The Reading Orrs" because our natural state was to have our faces hidden behind the pages of *The Lord of the Rings*, *Dune*, or *Nancy Drew*. "Look kids! There it is, Pikes Peak!" my dad would announce with great fanfare to his bored progeny who didn't even bother to look up from their pages.

Like most families, we fought and bickered, especially when packed in a station wagon for a multiweek journey. I was the little observer. I clocked each tic, how every family habit sometimes set me on edge. I would remark on my findings in a "did you ever notice how Scott..." way that often didn't make me the most popular family member. I don't remember any giant battles, only the usual low-grade simmering of resentment between siblings. But that's the same for all families, isn't it? Even though at times I would have done anything to get away from them, I knew they were my people.

I think many of us who were sequestered with family during the recent quarantine know how that feels. In that intense level of isolation, normally submerged issues might have floated to the surface. But most people I know found that the time with their families or partners knit them more closely together as they plowed through the annoyances they were forced to resolve instead of flee.

I think our lockdowns have resulted in a rare and unprecedented amount of self-reflection as individuals and as a nation. We might not like what our forced reflections revealed to us. Our long-standing differences and our interpersonal frustrations have been brought to the fore and presented as a problem we have to solve. As we move forward, I like to imagine the nation as a big messy family stuck in a giant station wagon hurtling down a freeway. We know where we want to go, but we don't know exactly how to get there. I think we'll figure it out. And we'll do it together. Thankfully, we don't have a choice except to make it work—we are family after all.

STEPHEN ORR,
Editor in Chief
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Details on page 106.



[EXCLUSIVE BH&G OFFER]

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Their romantic ruffles and heady sweet-to-spicy scent have made these heirloom peonies favorites for more than 100 years. Planted in a sunny bed, 'Edulis Superba', 'Duchesse de Nemours', and 'Lady Alexandra Duff' (shown *left to right*) will bloom each June.



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FROM THE
EDITORS

WASTE NOT

I tend to make the same miscalculation every year, planting more tomatoes (and cucumbers and squash) than my family can keep up with. To ensure none of our excess goes to waste this summer, I'm bookmarking the site *AmpleHarvest.org*, a nationwide directory of food banks where you can donate fresh produce (many pantries accept only canned goods). It's a great way to pay your gardening exuberance forward.

—MIRANDA CROWELL,
West Coast editor

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ideas from
our editors, turn
the page.



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5 WAYS TO USE A JAM JAR

Our editors keep empty jars out of the recycling bin by putting them to work in the kitchen.

1 HERB SPRIGS

Keep stems of basil in shallow water; they will grow roots so you can plant them outside.

2 SALAD DRESSING

Shake up a homemade dressing and store for future use.

3 INFUSED BOOZE

Experiment with infusing alcohol with different flavors (like blueberries in vodka).

4 DIY EXTRACTS

Make baking extracts (vanilla, cherry, cinnamon). Learn how at BH&G.com/Extracts.

5 PANTRY ORG

Decant nuts, seeds, and bulk-bin buys for stackability.



COOKING SMARTS

MIND YOUR RIND

We go through Parmigiano-Reggiano cheese wedges pretty quickly at my house, and I never throw out the rinds.

I use them in almost any soup, tomato sauce, or cream-base pasta sauce for extra flavor.

If you don't have a recipe ready for your rind, wrap it and toss it in your freezer, where it will keep up to three months.

—JAN MILLER, food editor



↑ FIT TO BE DYED

Instead of replacing stained napkins, I give them a colorful makeover with liquid fabric dye. I especially love an ombré effect. Start by preparing a dye bath in a plastic tub according to package instructions. Clip a napkin to a dowel that's long enough to sit across the tub top. Let part of the fabric soak for 20 minutes for a dark section, then soak the whole napkin for 5 minutes for a lighter tone. Keep in mind that the original color of your napkins will affect the final color.

—JESSICA THOMAS, style & design director



For cotton and linen napkins, Rit All-Purpose Dye works best. For synthetics, use Rit Dye More. store.ritdye.com



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—ERICA METZGER, beauty & fashion director ■

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PLAYROOM SEATING

Skip the sofa. Here's the lowdown on down-low cushions.

1

LAY THE BASE

Look for firm, structured box cushions (sometimes called French mattress cushions). For young children, they're a soft surface with an easy dismount. And older kids can jump around without a big drop. Add some bolsters and pillows, and you've got a lounge for adults.

2

KEEP IT FLEXIBLE

Banked together as a sofa, the cushions are about the size of a twin mattress—an instant extra bed for sleepovers. Individual squares are easy to move around the floor. (Hot lava, anyone?)

3

GO FOR DURABLE

No surprise that hard-wearing, easy-clean upholstery is a priority. Designer Susana Simonpietri covered these with an indoor-outdoor acrylic fabric.

4

CREATE BALANCE

A bold wallpaper spiced up this room, Simonpietri says. "But your eye needs a place to rest." Solid blocks of color on the cushions and carpet tiles and in the art counter the busy paper. ■

[THE PROJECT]

Susana Simonpietri, of New York-based Chango & Co., designed this nook with reading, relaxing, and occasional rowdiness in mind.

GET THE LOOK

Wallpaper: Animals by Bien Fait. Art: Pencil & Paper Co. Carpet tiles: Flor.



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Designer Patrick Mele grounds a leopard-print sofa with black walls and a sisal rug.

ANIMAL PRINTS

Just as a big cat's spots help camouflage it in the wild, this print can blend right into your room. Think of it like Mother Nature's neutral.

1 CHEETAH GREY HAND MIRROR

The old-fashioned accessory gets a modern look. \$38; wolfum.com

2 SPOTTED CARD

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\$15 for set of six; wildehousepaper.com

3 LEOPARD ACCENT PLATE

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4 LEOPARD PILLOW

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5 LEOPARD KITCHEN TOWEL

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6 GRANADA LEOPARD PRINT FRAME

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7 CHEETAH PRINT NAPKIN

A painterly take on the motif. \$10; cb2.com

8 OPALHOUSE LEOPARD MEDALLION STITCH QUILT

Reverses to a solid. \$60 (queen); target.com ■

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KID KIT

Having their own tools boosts kids' eagerness to pitch in. Stock a wee broom-dustpan set, sponges in their favorite colors, and a spray bottle of kid-friendly cleaner. (Hint: It's more fun when you make it. Mix equal parts vinegar & water + a few drops of lemon essential oil.)



“How do I get my kids, 6 and 4, into the habit of cleaning? Getting their help is a daily struggle.”

LAUREN RYAN,
Boston

Reframe the game. Use these smart tactics and training tweaks to turn little ones into big helpers.

■ TEAM FAMILY

Try this house mantra: Everyone contributes. “I like the term *family contributions* much better than *chores* because it reminds kids that they make a difference in your family,” says Amy McCready, founder of Positive Parenting Solutions.

■ PLAY TO STRENGTHS

Whatever helpful task children show an interest in—wiping

down the table after meals, throwing laundry down the chute—let them own it.

■ PREP SCHOOL

Build in a two-week training period to ensure they understand what a job well done looks like. Sure, it's extra work for you at first. But attentive supervision in the early days sets them up for future independence.

■ WORK TOGETHER

“Don't ask your kiddos to pick up the playroom while you sit watching the news,” says organizing

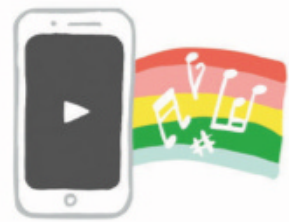
expert Rachel Rosenthal at Rachel & Co. Even if you're working in different rooms, cleaning at the same time reinforces the idea that getting these jobs done is a family goal not a punishment.

■ THE NO-NAG TRICK

McCready recommends meeting their “Can I” questions with a when-then phrase. Think: “When you put your plate away, then you may have screen time.” Reserve your *then* for a regularly occurring privilege not a reward or bribe.

FUN IT UP

Mary Poppins was onto something: Find the fun, and SNAP! the job's a game.



CLEAN JAMS

Make a playlist, which should definitely include “Another One Bites the Dust” by Queen. Or stream tunes curated by CLR at sptfy.com/clrcleaning.



JOB JAR

Write out perennial tasks and have kids close their eyes and pick one. “My mom always snuck in a few games. Once we drew Play Barbies right after Make Cookies,” says home editor Katy Kiick Condon. “Best day ever.”



BEAT THE CLOCK

Set the timer and pick up as much as possible before the buzz. Or see how fast kids can finish a project. Was that a new world record? ■



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THANK YOU TO THE HEROES BRINGING BREAKFAST TO THE TABLE

A lot has changed recently, but breakfast has stayed the same, thanks to farmers, line workers, truckers, grocery stockers, cashiers, and food bank workers. During this time of crisis, Kellogg has worked with Feeding America, United Way, and No Kid Hungry to help ensure these heroes and their families can keep breakfast as usual.

We remain committed to the fight against hunger. Find out how you can play a part by visiting feedingamerica.org, and learn more about Kellogg's heart and soul by visiting kelloggs.com/heartandsoul.

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Naturesownbread.com

SOLUTIONS STRESSED SKIN SOS

The dreaded S word—*stress*—impacts not only your emotional and physical well-being but also your skin. “The brain and skin are intimately connected,” explains New York City dermatologist Joshua Zeichner, M.D. “The way our bodies naturally respond to stress is meant to be a defense mechanism, but that response can have negative effects on our skin.” At the root of the problem? The production of the hormone cortisol, which spikes when we’re stressed and can trigger breakouts, dryness, and inflammation. Ahead, complexion-calming solutions.



THE SKIN IS THE LARGEST ORGAN You’ll immediately see the effects of stress on your skin. And not feeling great about how your skin looks can cause even more stress, kick-starting a vicious cycle, points out Chicago dermatologist Emily Arch, M.D. Mindful skincare switches (and tossing your magnifying mirror) can help.



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➔ breakouts

Stress triggers the production of cortisol, which prompts oil glands to crank out more oil, Arch explains. Increased oil production can lead to clogged pores, which in turn causes inflammation, another factor that exacerbates breakouts and causes blemishes, she says.

■ **FAST FIX** When a pimple pops up, keep your fingers off it with a stick-on patch like the **Alba Botanica Acnedote Pimple Patches** (\$8; target.com). “When we’re stressed, we’re more likely to pick at blemishes,” Zeichner says. That major no-no only worsens matters and prolongs healing time.

■ **PREVENTION PLAN** Switching your face wash can be a simple and effective way to manage oily skin. Zeichner advises using a cleanser containing salicylic acid, which breaks up and dissolves excess oil before it can clog pores. Try **Neutrogena Oil-Free Salicylic Acid Acne Wash** (\$7; walmart.com).



Look for derm-approved salicylic acid to clear your skin.

➔ dryness & irritation

Excess cortisol can weaken your skin’s protective barrier, leaving it vulnerable to moisture

loss and outside irritants, plus cause inflammation.

■ **FAST FIX** After washing your face, try Arch’s soak-and-seal method. “Start by applying a serum or sheet mask that contains hyaluronic acid.

The ingredient attracts moisture to the skin,” she says. Try **L’Oréal Paris Revitalift Derm Intensives 1.9% Hyaluronic**



This ampoule has two doses: half for a.m., half for p.m.

Acid Ampoules (\$20 for seven; target.com). Immediately after the serum soak, layer on a cream to seal in the moisture.

■ **PREVENTION PLAN** Use a moisturizer that contains ceramides daily. Think of your skin cells as tiles; ceramides are fat molecules that act like the grout between the tiles, ensuring that the skin barrier stays strong, healthy, and intact. Find them in **CeraVe PM Facial Moisturizing Lotion** (\$12; target.com).

Need a time-out?

It’s just as important to address the root of these skin problems—stress. Carve out some time each day to do whatever makes you feel calm, whether that’s five minutes of meditating, a yoga class, or a chat with a friend. Trust us, your skin and mind will thank you.

➔ dullness & sallow skin

A consequence of chronic stress is that your body starts to send more blood to the vital organs and less to the skin. Decreased circulation means your skin gets fewer nutrients and less oxygen, leaving it looking dull, sallow, and generally lackluster. Stress also slows the rate at which your skin cells naturally turn over and ultimately slough off, Arch says.

■ **FAST FIX** “A facial massage can both boost blood flow and help you relax,” Zeichner says. Use your hands or a face roller on freshly moisturized skin whenever your complexion needs a little pick-me-up or

you’re feeling extra stressed. Try **Pacifica Crystal Wand Rose Quartz Facial Roller** (\$19; ulta.com).

■ **PREVENTION PLAN** Be diligent (but gentle) about exfoliating. Clean with a mild scrub a few times a week to maintain a healthy glow. Try **Bioré Rose Quartz & Charcoal Gentle Pore Refining Scrub** (\$7; target.com).



Apply in a circular motion and use light pressure, Zeichner advises.



BEAUTY GURU

“Keep your skin on track. You may not be able to control the stressful environment around you, but you can control your skincare routine. Protect your skin in the morning with antioxidants and sunscreen, and repair it in the evening with moisturizers and collagen stimulators like retinol or glycolic acid.”

JOSHUA ZEICHNER, dermatologist ■



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Lakiesha,
Mother

Ciera,
Daughter



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GETTING READY WITH KATIE LEE

The Emmy-nominated TV chef and cookbook author is picky when it comes to ingredients—in the kitchen and in her beauty products. Check out what's on her clean beauty menu.



HER LOOK

1 FOUNDATION

"I use it as my concealer too."

Burt's Bees Goodness Glows Full Coverage Liquid Makeup, \$17; burtsbees.com

2 HAIR COLOR

"No chemical smell here. It covers grays without ammonia, parabens, and sulfates." Revlon Total Color in Dark Brown, \$7; walmart.com

3 FACE CREAM

"I layer this over facial oil." Youth to the People Superfood Air-Whip Moisture Cream, \$48; youthtothepeople.com

4 MASCARA

"Natural mascara usually ends up all over my face; this one stays put." Saie Mascara 101, \$24; saiehello.com

5 LIP GLOSS

"I go for a peachy or natural nude lip." Pacifica Enlightened Gloss in Opal, Beach Kiss, and Poppy, \$10 each; pacificabeauty.com



■ RICH COLOR

"My grays always seem to appear overnight. Doing my own home color is an easy way to handle them," says Katie, who is the Revlon Total Color brand ambassador.

■ SHINY HAIR

"Hair oils are fantastic on dry hair. I rub a little dot between my palms then smooth it along the ends."

■ BOLD BROWS

"I have thick brows, but I still like to color them in with a pencil. I line along the bottom and feather in a few strokes at the top to frame them. Last, I brush through to blend the color." ■



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Sitting coolly between acid-washed and indigo, faded denim is always in style. The color of this wear-with-anything staple now is trending in home design. And it's no wonder—the soft, understated tone is one of the most livable blues. Turn the page for tips on how to decorate with it, dressing only the walls or a whole room.

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Indication & Important Safety Information for OPDIVO® (nivolumab) + YERVOY® (ipilimumab)

What is OPDIVO + YERVOY?

OPDIVO® is a prescription medicine used in combination with YERVOY® (ipilimumab) as a first treatment for adults with a type of advanced stage lung cancer (called non-small cell lung cancer) when your lung cancer has spread to other parts of your body (metastatic) **and** your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO is safe and effective in children younger than 18 years of age.

Important Safety Information for OPDIVO + YERVOY

OPDIVO is a medicine that may treat certain cancers by working with your immune system. OPDIVO can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death. These problems may happen anytime during treatment or even after your treatment has ended. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

YERVOY can cause serious side effects in many parts of your body which can lead to death. These problems may happen anytime during treatment with YERVOY or after you have completed treatment.

Serious side effects may include:

- **Lung problems (pneumonitis).** Symptoms of pneumonitis may include: new or worsening cough; chest pain; and shortness of breath.
- **Intestinal problems (colitis) that can lead to tears or holes in your intestine.** Signs and symptoms of colitis may include: diarrhea (loose stools) or more bowel movements than usual; blood in your stools or dark, tarry, sticky stools; and severe stomach area (abdomen) pain or tenderness.
- **Liver problems (hepatitis).** Signs and symptoms of hepatitis may include: yellowing of your skin or the whites of your eyes; severe nausea or vomiting; pain on the right side of your stomach area (abdomen); drowsiness; dark urine (tea colored); bleeding or bruising more easily than normal; feeling less hungry than usual; and decreased energy.
- **Hormone gland problems (especially the thyroid, pituitary, adrenal glands, and pancreas).** Signs and symptoms that your hormone glands are not working properly may include: headaches that will not go away or unusual headaches; extreme tiredness; weight gain or weight loss; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness; hair loss; feeling cold; constipation; voice gets deeper; and excessive thirst or lots of urine.
- **Kidney problems, including nephritis and kidney failure.** Signs of kidney problems may include: decrease in the amount of urine; blood in your urine; swelling in your ankles; and loss of appetite.
- **Skin problems.** Signs of these problems may include: rash; itching; skin blistering; and ulcers in the mouth or other mucous membranes.
- **Inflammation of the brain (encephalitis).** Signs and symptoms of encephalitis may include: headache; fever; tiredness or weakness; confusion; memory problems; sleepiness; seeing or hearing things that are not really there (hallucinations); seizures; and stiff neck.
- **Problems in other organs.** Signs of these problems may include: changes in eyesight; severe or persistent muscle or joint pains; severe muscle weakness; and chest pain.

Additional serious side effects observed during a separate study of YERVOY alone include:

- **Nerve problems that can lead to paralysis.** Symptoms of nerve problems may include: unusual weakness of legs, arms, or face; and numbness or tingling in hands or feet.

- **Eye problems.** Symptoms may include: blurry vision, double vision, or other vision problems; and eye pain or redness.

Get medical help immediately if you develop any of these symptoms or they get worse. It may keep these problems from becoming more serious. Your healthcare team will check you for side effects during treatment and may treat you with corticosteroid or hormone replacement medicines. If you have a serious side effect, your healthcare team may also need to delay or completely stop your treatment.

OPDIVO and OPDIVO + YERVOY can cause serious side effects, including:

- **Severe infusion-related reactions.** Tell your doctor or nurse right away if you get these symptoms during an infusion: chills or shaking; itching or rash; flushing; difficulty breathing; dizziness; fever; and feeling like passing out.

Pregnancy and Nursing:

- Tell your healthcare provider if you are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby. If you are a female who is able to become pregnant, your healthcare provider should do a pregnancy test before you start receiving OPDIVO. Females who are able to become pregnant should use an effective method of birth control during and for at least 5 months after the last dose. Talk to your healthcare provider about birth control methods that you can use during this time. Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment. You or your healthcare provider should contact Bristol Myers Squibb at 1-800-721-5072 as soon as you become aware of the pregnancy.
- **Pregnancy Safety Surveillance Study:** Females who become pregnant during treatment with YERVOY are encouraged to enroll in a Pregnancy Safety Surveillance Study. The purpose of this study is to collect information about the health of you and your baby. You or your healthcare provider can enroll in the Pregnancy Safety Surveillance Study by calling 1-844-593-7869.
- Before receiving treatment, tell your healthcare provider if you are breastfeeding or plan to breastfeed. It is not known if either treatment passes into your breast milk. Do not breastfeed during treatment and for 5 months after the last dose.

Tell your healthcare provider about:

- Your health problems or concerns if you: have immune system problems such as autoimmune disease, Crohn's disease, ulcerative colitis, lupus, or sarcoidosis; have had an organ transplant; have lung or breathing problems; have liver problems; or have any other medical conditions.
- All the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

The most common side effects of OPDIVO, when used in combination with YERVOY, include: feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; and dizziness.

These are not all the possible side effects. For more information, ask your healthcare provider or pharmacist. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Important Facts for OPDIVO and YERVOY, including Boxed WARNING for YERVOY regarding immune-mediated side effects, on the following page.

IMPORTANT FACTS

The information below does not take the place of talking with your healthcare professional. Only your healthcare professional knows the specifics of your condition and how OPDIVO® (nivolumab) in combination with YERVOY® (ipilimumab) may fit into your overall therapy. Talk to your healthcare professional if you have any questions about OPDIVO (pronounced op-DEE-voh) and YERVOY (pronounced yur-voi).

Rx ONLY

What is the most important information I should know about OPDIVO (nivolumab) and YERVOY (ipilimumab)?

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY. YERVOY can cause serious side effects in many parts of your body which can lead to death. These problems may happen anytime during treatment with YERVOY or after you have completed treatment.

Call or see your healthcare provider right away if you develop any symptoms of the following problems or these symptoms get worse. Do not try to treat symptoms yourself.

Lung problems (pneumonitis). Symptoms of pneumonitis may include:

- new or worsening cough
- chest pain
- shortness of breath

Intestinal problems (colitis) that can lead to tears or holes in your intestine. Signs and symptoms of colitis may include:

- diarrhea (loose stools) or more bowel movements than usual
- mucus or blood in your stools or dark, tarry, sticky stools
- stomach-area (abdomen) pain or tenderness
- you may or may not have fever

Liver problems (hepatitis) that can lead to liver failure. Signs and symptoms of hepatitis may include:

- yellowing of your skin or the whites of your eyes
- nausea or vomiting
- pain on the right side of your stomach area (abdomen)
- drowsiness
- dark urine (tea colored)
- bleeding or bruising more easily than normal
- feeling less hungry than usual
- decreased energy

Hormone gland problems (especially the thyroid, pituitary, and adrenal glands; and pancreas). Signs and symptoms that your hormone glands are not working properly may include:

- headaches that will not go away or unusual headaches
- extreme tiredness or unusual sluggishness
- weight gain or weight loss
- dizziness or fainting
- changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- hair loss
- feeling cold
- constipation
- voice gets deeper
- excessive thirst or lots of urine

Kidney problems, including nephritis and kidney failure. Signs of kidney problems may include:

- decrease in the amount of urine
- blood in your urine
- swelling in your ankles
- loss of appetite

Skin Problems. Signs of these problems may include:

- skin rash with or without itching
- itching
- skin blistering or peeling
- sores or ulcers in mouth or other mucous membranes

Inflammation of the brain (encephalitis). Signs and symptoms of encephalitis may include:

- headache
- fever
- tiredness or weakness
- confusion
- memory problems
- sleepiness
- seeing or hearing things that are not really there (hallucinations)
- seizures
- stiff neck

Problems in other organs. Signs of these problems may include:

- changes in eyesight
- severe or persistent muscle or joint pains
- severe muscle weakness
- chest pain

Additional serious side effects observed during a separate study of YERVOY (ipilimumab) alone include:

Nerve problems that can lead to paralysis. Symptoms of nerve problems may include:

- unusual weakness of legs, arms, or face
- numbness or tingling in hands or feet

Eye problems. Symptoms may include:

- blurry vision, double vision, or other vision problems
- eye pain or redness

Get medical help immediately if you develop any of these symptoms or they get worse. It may keep these problems from becoming more serious. Your healthcare team will check you for side effects during treatment and may treat you with corticosteroid or hormone replacement medicines. If you have a serious side effect, your healthcare team may also need to delay or completely stop your treatment with OPDIVO (nivolumab) and YERVOY.

What are OPDIVO and YERVOY?

OPDIVO and YERVOY are prescription medicines used to treat adults with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC:

- when your lung cancer has spread to other parts of your body (metastatic), and
- your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

What should I tell my healthcare provider before receiving OPDIVO and YERVOY?

Before you receive OPDIVO and YERVOY, tell your healthcare provider if you:

- have immune system problems (autoimmune disease) such as Crohn's disease, ulcerative colitis, lupus, or sarcoidosis
- have had an organ transplant
- have lung or breathing problems
- have liver problems
- have any other medical conditions
- are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby. **Females who are able to become pregnant:**

Your healthcare provider should do a pregnancy test before you start receiving OPDIVO and YERVOY.

- You should use an effective method of birth control during and for at least 5 months after the last dose. Talk to your healthcare provider about birth control methods that you can use during this time.

- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment. You or your healthcare provider should contact Bristol Myers Squibb at 1-800-721-5072 as soon as you become aware of the pregnancy.

- **Pregnancy Safety Surveillance Study:** Females who become pregnant during treatment with YERVOY (ipilimumab) are encouraged to enroll in a Pregnancy Safety Surveillance Study. The purpose of this study is to collect information about the health of you and your baby. You or your healthcare provider can enroll in the Pregnancy Safety Surveillance Study by calling 1-844-593-7869.

- are breastfeeding or plan to breastfeed. It is not known if OPDIVO (nivolumab) or YERVOY passes into your breast milk. **Do not** breastfeed during treatment and for 5 months after the last dose.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

What are the possible side effects of OPDIVO and YERVOY? OPDIVO and YERVOY can cause serious side effects, including:

- See “What is the most important information I should know about OPDIVO and YERVOY?”
- **Severe infusion reactions.** Tell your doctor or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY:
 - chills or shaking
 - dizziness
 - itching or rash
 - fever
 - flushing
 - feeling like passing out
 - difficulty breathing

The most common side effects of OPDIVO when used in combination with YERVOY include:

- feeling tired
- diarrhea
- rash
- itching
- nausea
- pain in muscles, bones, and joints
- fever
- cough
- decreased appetite
- vomiting
- stomach-area (abdominal) pain
- shortness of breath
- upper respiratory tract infection
- headache
- low thyroid hormone levels (hypothyroidism)
- decreased weight
- dizziness

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare provider, call 1-855-673-4861, or go to www.OPDIVO.com.

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 **Bristol Myers Squibb™**

denim blue rooms can be as comfy to hang out in as your worn-in jeans. To get that feel, team an undersaturated blue—one softened with white or gray—with lighter and darker shades to create soothing contrast. In this bedroom (*right*), designer Bennett Leifer warms the blue-on-blue scheme with pattern in the drapery and rug and with texture in the stitched bedding and wood grain on the bed frame. If you want to layer on accents in additional colors, look for ones with a blue undertone—jeans may be a true wardrobe neutral (they go with any color top), but a room feels most restful when the colors harmonize. “A purple that has a slight blue base or a green that has that sagy blue quality would be beautiful,” Leifer says. Also consider the ceiling: Clean white looks uplifting in this living room (*below*) by designer Simone Haag. Or you could tie the walls and ceiling together by stirring a dollop of wall color into the white paint.



WALL
LULWORTH
BLUE
89
FARROW &
BALL

CREATING DEFINITION

Inspired by sky and water views, interior designer Bennett Leifer framed this window by painting the trim Cook's Blue by Farrow & Ball. To choose a tonal trim color, find your wall color on a paint deck, “then go up or down one shade for a subtle accent or two shades for a bolder trim,” he says. ■

DRAWING ATTENTION

Interior designer Simone Haag contrasts muted blue walls with navy fabrics in varying textures to create focal points in this living room. Shades of cream in the chairs and rug balance the bright white ceiling; a gallery-style wall of artwork brings color into the simple palette.



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Designs Direct Aztec
Pillow (18"×18"),
\$35; bedbathand
beyond.com



BH&G Collection®
Denim Chindi
Mat (20"×34"), \$11;
walmart.com/BHG

northern lights

You can't judge a book by its cover—or a house by its facade. One family imbued a traditional Colonial with their modern Scandinavian aesthetic.

A brushed-brass and white globe chandelier provides a clean and contemporary counterpoint to the dining room's colorful wallpaper.

When Malin Keatley moved with her family of five from Sweden to Pasadena, CA, she had one souvenir from her home country picked out to bring with her: a few rolls of Josef Frank wallpaper. She knew the bright floral design, a beloved Swedish print, would land somewhere in her new home and serve as a visual reminder of her old one. Designer Amy Sklar picked the dining room to show off the exuberant pattern. “Now every time I eat a meal or even walk past, I smile,” Malin says.

From there, Sklar simplified and modernized the 1914 Colonial by incorporating the tenets of Scandinavian style: embracing bright whites, maximizing natural light, and honoring clean-lined, functional forms. The style shies away from clutter but happily welcomes moments of color, like the Keatleys' modern art, a yellow front door, and one *very* green bathroom.

The Hans Wegner Wishbone chair is a Scandinavian classic. A red pair provide jolts of color amid the wood ones.

Today, snack a little bolder.



©/©2020 Tyson Foods, Inc.

GOING GRAY

Malin liked the color of a nearby house, so Sklar blended a similar soft blue-gray to bridge the home's black and white trim. Sklar's picks to get the look:

EXTERIOR Pilgrim

Haze 2132-50

Benjamin Moore

DOOR Café Terrace

exclusive to Benjamin Moore's UV-resistant Aura Grand Entrance line (in store only)



DRAPERIES

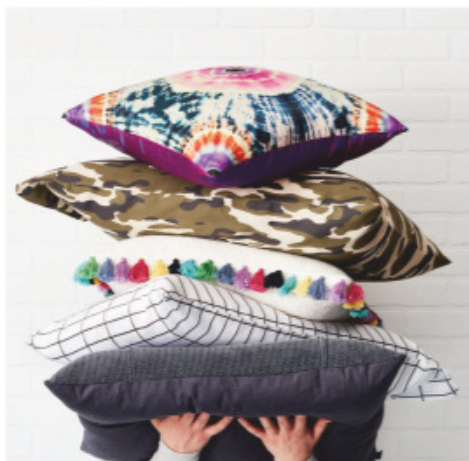
Natural light is a key element of Swedish design, so almost all the windows wear the same white sheers, which allow light but filter views.

FLOATING FURNITURE

Pulling furniture away from the walls into the center of the room establishes pathways and zones that make a room seem bigger, Sklar says. To nail the look, choose furniture that looks great from all angles, like these Barcelona chairs. And aim to have at least a foot of rug extending past the furniture. Sklar chose this large antique rug because it contains the colors but contrasts the style of the modern art.

“If we had put a modern rug under the modern furniture, the room would be boring.”

AMY SKLAR, designer



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first-time subscribers get a
20% off one single item offer!





←
The gray-blue and copper pendants recall the home's exterior color and the vintage cookware on the wall.

KITCHEN

Malin's desire for a spare kitchen called for lots of white and little ornamentation. (They used Benjamin Moore's Simply White in matte for walls and satin on trim.) The wood island top and table keep the room from feeling austere, as does the indoor-outdoor rug, which includes a bit of blue and separates the kitchen from the family room, *right*.

FAMILY ROOM

Painted to match the walls, built-in shelves frame the TV with an uncluttered mix of art and mementos. Low-back chairs balance the sofa without blocking sight lines to the TV.

“Scandinavian design avoids clutter. Breathing room is essential to this aesthetic.” AMY SKLAR



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†Moderate Absorbency, Poise Active Collection vs. Always Discreet, among those with a preference

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“I want my kids and their friends to feel comfortable, so everything needs to be durable.”

MARIN KEATLEY

OUTDOOR DINING

The patio kitchenette stays busy—a perk of their California climate. Behind the grill, a no-frills stainless-steel backsplash protects the house. Around a long table, chairs in a mix of brights energize the space.

Anna imagined sleeping comfortably through the night. Can you?

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Imagine
24HRs
without
heartburn





[PRO TIPS]

ALL-IN COLOR

As a rule, Sklar uses color and pattern economically. An overall sense of calm, she says, creates opportunity for moments of impact, like the floor-to-ceiling green in this bathroom.

■ FLOOR TILE

The Keatleys were smitten

with this Moroccan cement tile. The bright basil green and the chalky matte finish set the direction for the rest of the room.

■ WALL TILE

Sklar looked at nearly 30 samples before she found a glossy green tile to play off the floor. Mixing multiple patterns in such a small space requires some continuity, in this case

the green-and-white palette. "It's a bit of a tightwire act," she says. The traditional shape of the subway tile also helps rein in the mix.

■ CURTAINS

To showcase the tub surround, Sklar framed it with two long curtains (IKEA's Syssan with water-repellent liners sewn in). "The two panels are like curtains to a stage of color."

SMART MOM



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best with IAMS[™] cat food.



“When you use color sparingly, it really has a chance to shine.” AMY SKLAR



FRONT DOOR

Malin and John Keatley with kids, Tilde, Stella, and Maja, and dog, Penny. Used outside, bright colors can fade over time, so choose a paint and color formulated specifically for outdoor use.



UPDATED MIX

Framed in a dining room niche, a Federal-style sideboard got a new look through mere proximity to the vivacious floral print (Vårklockor designed by Josef Frank in the 1940s).



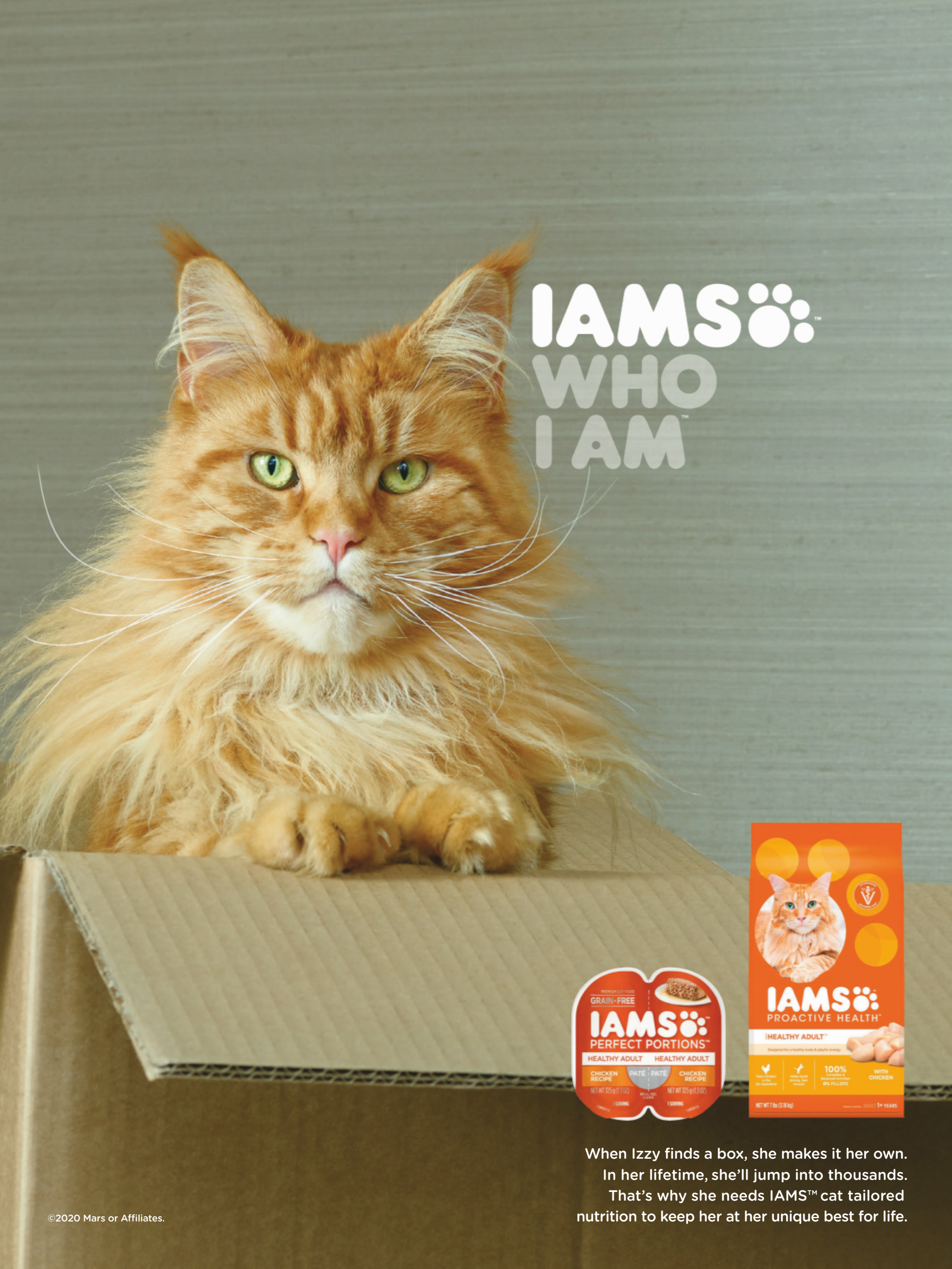
POWDER ROOM

In the tiny powder room, a moody floral wallpaper (Voynich by Grow House Grow) contrasts the cheery paper in the dining room. “I think of those patterns as two sides of the same coin,” Sklar says.



OUTDOOR SEATING

The Keatleys had a concrete “sectional” poured on the patio as a fireside lounge. It has the contemporary look they were after with the bonus of being maintenance free. A few indoor-outdoor pillows cushion it for softness. ■



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the chair whisperer

Vintage chairs and bold, colorful fabrics are designer **Nicole Crowder's** love languages. Combining the two? Matchmaking Kismet. Let her help you master the art of upholstery and prove the potential of that old armchair.



MAKE IT INTERESTING

Nicole Crowder traded her sofa's tan upholstery for geometric prints that work together because of their focused navy-and-white palette. Nailhead trim emphasizes the arms' elegant scrolls.



BEFORE

for Nicole Crowder, nothing is more

exciting than an old beige couch. Or any tired piece of furniture, really. "If the bones are good and a piece has some curves or wood carving, I'm instantly sold," says the designer behind Nicole Crowder Upholstery. Modernizing pieces by re-covering them in unexpected colors or patterns (or both) is Crowder's signature style move. Her living room sofa—updated with blue leather, cream-and-navy prints, and coral welting—is a testament to the power of fabric to transform a piece from standard to showstopper. Check her website (nicolecrowderupholstery.com) for updates on workshops at her studio in Washington, D.C., and turn the page for her tips on reupholstering your pieces.

For extra flair, Crowder used contrast welting in orange, blue's complementary color.



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HOW TO PICK & PREP A CHAIR

■ SHOP AROUND

Look for pieces with frames of real hardwood like walnut and maple. If the wood is warped or cracked or has holes, pass on it. Don't forget to check the bottom for sagging coils or webbing. Repairing them may require professional help.

■ REVIVE THE WOOD

Crowder prefers a natural wax finish to stain because a wax finish brings out the wood grain. She first removes water stains by scrubbing the wood with warm, soapy water. Once it's dry, she uses a terry cloth to buff on a polish and conditioner like Howard Feed-N-Wax (\$10; woodcraft.com).



GO BIG
Fabric with large-scale patterns delivers a bold statement on small pieces.



[TO SEW OR NOT TO SEW?]

Re-covering an armchair that has a separate seat cushion takes sewing skills. If you want to go no-sew, stick with a chair with a built-in seat.



Choosing your fabrics

1 SEAT Make the cushion a focal point with a bold, colorful print like this green abstract, *far left* (Wazoo Beryl Green, \$33/yard; housefabric.com). You'll need 1 yard of durable linen, polyester, or cotton for a typical seat.

2 OVERALL Cover the rest of the chair in a solid picked from the seat cushion fabric. Choose something with texture for added interest. (Emerald Velvet, \$27/yard; housefabric.com). You'll need 2 to 3 yards.

3 TRIM Cover staples with double welting (aka cord or piping) in a neutral or complementary color. For this combo, Crowder would make it with a black-and-white print, but you can find ready-made options at etsy.com (try Hasbeencraft).

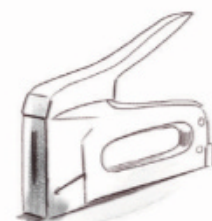
TOOLS OF THE TRADE

Crowder's essentials for tackling any upholstery job:



NEEDLE-NOSE PLIERS

Use these to remove staples and welting. For welting, start pulling up from where the ends meet.



STAPLE GUN

Get a gun compatible with 8-mm staples, which sink just deep enough into the wood frame for upholstery projects.



BOX CUTTER

The razor point neatly removes old filling and cuts pieces of foam and cotton for refilling a chair.



FLATHEAD SCREWDRIVER

Loosen glued-on trim or welting with a flathead; also use it to tuck fabric into the frame as you staple.



RUBBER Mallet

Flatten raised staples and hammer nailhead trim without damaging fabric or wood.

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INDICATION

DUPIXENT is a prescription medicine used to treat people 12 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are taking oral, topical, or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless

instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. If you are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT

and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged

to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.

Please see Brief Summary on next page.

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Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
(DU-pix'-ent)
injection, for subcutaneous use

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
 - to treat people aged 12 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are taking oral, topical, or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.

Pregnancy Registry. There is a pregnancy registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about your health and your baby’s health. You can talk to your healthcare provider or contact 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/> to enroll in this registry or get more information.

- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. If you have asthma and are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

How should I use DUPIXENT?

- **See the detailed “Instructions for Use” that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.
- If you miss a dose of DUPIXENT, give the injection within 7 days from the missed dose, then continue with the original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. Eye and eyelid inflammation, including redness, swelling and itching have been seen in patients who have atopic dermatitis. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them. This is a summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals. For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

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Issue Date: June 2019

HOW TO REUPHOLSTER A CHAIR

You can usually knock out a basic armchair (without removable cushions) in three to five hours.



1 REMOVE OLD FABRIC Remove all welting or trim. Once all the rough fabric edges are exposed, gently pull out the staples to release fabric, keeping each section as a complete piece and labeling it immediately with its location.



2 CUT OUT NEW FABRIC Lay the old fabric sections wrong side up on the wrong side of your new fabric. Trace around old section, adding 4 inches on every side. Cut out and label each piece.



3 REPLACE CUSHION FILLER If the chair filling is worn, stained, or musty-smelling, remove it. Cut to fit and layer on the following: upholstery foam then cotton batting for cush. Staple Dacron fabric over those to smooth lumps.



4 ATTACH NEW FABRIC Staple fabric to the inside lip of the seat's wood frame, making sure fabric is taut as you work around the edge. On the inside and outside backs, start at one arm and staple at the top and bottom as you work toward the other arm.



5 MAKE RELIEF CUTS Around curved surfaces like the inside and outside backs, snip 1-inch incisions to avoid pleats. Stretch out the next portion you'll be stapling, snip to make fabric more flexible, smooth any pleats, and staple. Trim excess fabric once entire edge is stapled.



6 ADD TRIM AND DUSTCOVER Hot-glue welting (sew your own or buy it) over staples between fabric and frame. Finish the underside by stapling on a dustcover of muslin cut to fit. Spray fabric with a protective coating like Scotchgard.



[Q&A]

EXPERT TIPS

Crowder shares insights gained during her seven years in the upholstery biz.

RUB COUNT MATTERS

A fabric's rub count indicates how durable the material is. The industry standard for upholstery-grade fabrics is about 30,000. (If the rub count isn't listed in the fabric specs or description, ask the manufacturer.)

WOOD FINISH IS HARD TO CHANGE

Don't choose a painted piece if you don't want it to be painted, and don't choose a dark wood if you want a light finish. Sanding or stripping wood to that extent requires special tools and likely professional help.

LATEST DETAIL OBSESSION

"Using a bold red fabric for a dustcover so the underside of the chair has an unexpected pop of color—almost like a Christian Louboutin shoe." ■



Upholstery tutorial Watch our video on reupholstering a slipper chair for more how-tos, including sewing welting and properly using tack strips. Hover your smartphone camera over this code, or go to [BH&G.com/Reupholster](https://www.bhg.com/reupholster).

i did it!

To cut down on trips between the deck and the kitchen, this BH&G staffer remade a slim shelving unit into a **multilevel bar table** that cleverly contains a basin for chilling drinks.



After rehabbing the deck of their suburban Des Moines house, Jessica and Kirk Eno were ready to celebrate—almost. The missing ingredient: a place to set up snacks and beverages. A \$60 outdoor metal shelving unit that Jessica, an art director for BH&G *Do It Yourself*™ magazine, spied at a discount home goods store had the slim profile she wanted. “I decided to reposition the top as a shelf, put on a bar top to make it look more like furniture, and add some sort of cooler,” Jessica says. Two hours of tinkering and about \$40 in supplies and she had her bar—with a cedar top that matches the planks the couple installed over a section of vinyl siding.

Turn the page for the bar how-to.

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WHAT SHE DID

Jessica turned the slatted top into a shelf, installing it to leave a few inches of space under the 6-inch-deep basin, which she spray-painted black.

1 BASE

Because she used a ready-to-assemble shelving unit, swapping out the top was simple. Slatted shelves keep water from pooling. Jessica's unit (no longer available) is 40" wide, 30" tall, and about 14" deep.

2 BASIN

Jessica used a stainless-steel steam table pan (the kind used on buffets) as a drop-in beverage tub. Find them online or at restaurant-supply stores.

3 COUNTER

Jessica cut a 1×8 cedar board into two pieces the width of her unit. With a pocket-hole jig and a drill, she drilled holes along one long edge on the bottom of one of the boards then screwed the two boards together. Pocket-hole joinery ensures a flat, strong surface without exposed screws. For the cutout, she marked



the dimensions of the basin (below the lip) on the wood top and cut it with a jigsaw.

4 SEALER

To protect the wood, Jessica applied a clear waterproofing sealer. The base has a powder-coated finish designed for outdoor use. If yours doesn't or is an indoor piece, spray it with a clear protector that will resist rust and decay, such as Stops Rust Clear Enamel from Rust-Oleum.

5 ASSEMBLY

The original top and shelf on Jessica's piece screw into the legs, so she drilled a new set of holes 10 inches down, installed the top as a shelf, then attached the new top using L brackets and the original holes. She screwed a cup hook into the wood as a towel holder and dropped the

beverage tub into the cutout. The lip rests on the wood top and covers the hole's raw edge.

6 UPKEEP

To extend the life and look of her bar, Jessica stores it in the garage off-season. Still, she says the top has weathered a bit. To restore wood, scrub off dirt and the old finish with a soft-bristle utility brush, then brush on a clear sealer. ■

GET THE LOOK

Drill holes in a wood top to fit over the legs of the Trinity Decorative Shelf; no screws needed. \$63; homedepot.com



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TO AN
AWESOME
LEVEL



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Breakfast Sandwiches

INSPIRED TO DIY?

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leafing out

A focus on dramatic foliage in a Seattle garden delivers maximum impact with minimal upkeep.



as graphic designers and plant aficionados, Michael Connors and his husband, Dean Hart, thought coming up with a vision for their Seattle backyard would happen naturally. It turned out that “our love of plants actually made it harder,” Michael says. “After years of trying, all we had was a random assortment of cool plants.” Realizing they needed outside expertise, they turned to garden designer Paul Broadhurst for help.

Broadhurst suggested designing the

▲ In the roughly 1,000-square-foot yard, designer Paul Broadhurst layered plants by height, starting with low-growing deer fern and Japanese painted fern along the walkway and rising to hydrangea, bride’s feathers, and yellow wax bells.

garden around one theme—foliage—and planting in large swaths. “I like to use fewer plant varieties but in broad brushstrokes,” Broadhurst says. By planting in blocks and emphasizing leaf shapes and colors, the designer created a garden that is at once modern and lush, plus looks good year-round. Focusing on foliage also means the couple has to do little deadheading or other maintenance. “We have more time to sit in the garden with a glass of wine or hang out on the deck while we watch hummingbirds dart in and out of the bamboo,” Michael says.

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▼ The distinct leaf shapes of neighboring perennials build contrast. Here the long, sword-shape leaves of hart's tongue fern stand out against the heart-shape white-and-green 'Jack Frost' brunnera.



▲ A granite fountain fits the modern aesthetic, and the sound of water creates a soothing atmosphere.



A grid of concrete pavers forms a graphic (and affordable) patio.

“So much of how we experience the garden is from above.” MICHAEL CONNORS



▲ Broadhurst installed the patio at an angle so it would provide the best view of the surrounding plants. As a geometric detail, one patio corner fits neatly into a notch cut into the seat wall.

▼ The existing bamboo forms a privacy screen along the property line. Underneath is a carpet of Oregon oxalis, which is native to the Pacific Northwest. Uplighting the pale green bamboo creates a serene mood in the evening and helps extend the time the garden can be enjoyed.

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“
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of foliage
when buying
new plants.
Our creativity
flows within
some limits.
”

MICHAEL CONNORS

► Mexican beach
pebbles surround a path
of pavers just outside the
basement door to the
garden. A few steps in,
the path transitions to
natural stone, with tightly
packed plants and
groundcovers creeping
between them and hiding
virtually all the soil.

▼ Strategically placed
trees, such as a golden
fullmoon maple and
Persian ironwood, add
height to the garden
so the deck doesn't
overpower the view for
people sitting on the patio.



The deck's
wire railing has
a clean look
and preserves
the garden
views.



PHOTOS: (PORTRAIT) CLAIRE TAKACS



[PRO TIPS]

THINK LIKE A DESIGNER

Paul Broadhurst shares the elements that make for a successful garden, especially in small spaces.

BIG PICTURE

When you're planning a garden, "don't think about plants first," Broadhurst says. Figure out what mood you're going for and how you'll be using the space. "Once you've built the visual in your head, you can pick the plants to achieve it."

FOCAL PLANTS

Build around plants that have interesting leaf forms and colors. This results in a space that looks good in three or even four seasons.

GROUNDCOVERS

Planting groundcovers along patio edges and around hardscaping makes the space feel filled out and considered.

PERSONAL TOUCHES

Select only a few meaningful ornamental pieces, such as a fountain or sculpture. Then place them near a walkway or patio, lighting them for extra impact at night. ■

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IN SEASON
**THE JUICY
FRUIT**

**TRIPLE-
MELON SALAD**

The rock star of the melon patch, watermelon has a lot of fans this time of year for good reason. But we know that its cantaloupe and honeydew cousins are as deserving of attention. So the trio got equal billing as we sliced, blended, splashed, dipped, and drizzled them in nine delicious seasonal recipes. If you are accustomed only to grocery store melons, let us introduce you to a few less familiar varieties that might inspire your green thumb.

» An assertive garlic-citrus dressing makes this version of the popular melon and feta salad unique.



HOW TO CHOOSE A GOOD MELON Once a melon is harvested, its sweetness and flavor are set. To make sure you buy one picked at its prime, look for these clues: The ground spot on the underside of a watermelon should be more golden than white; if the stripes on the rind show signs of yellow, the melon is overripe. A cantaloupe or honeydew is ripe when you can gently depress the skin at the blossom end (opposite the stem); if you break the skin, the melon is overripe.

Eat in peace. For once.



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For the win win





REFRESHING SIPPERS

Cantaloupes love peaches, watermelons are simpatico with berries, and honeydews have a thing for limes. Call it serendipity if you like. We call it fortuitous and used melons' partners to intensify the flavor and color of these summer sippers.



MINT VINAIGRETTE DRIZZLE

Oil and vinegar might not be the first thing you think of serving over a simple melon slice, but this fresh mint vinaigrette goes with every type of melon and tastes slightly different on each. Start with your favorite **melon**, then whisk together $\frac{1}{2}$ cup **white wine vinegar**, 6 Tbsp. **olive oil**, and $\frac{1}{4}$ cup chopped **fresh mint**. Finish with **salt** and cracked **black pepper**.



CANTALOUPE-
PEACH
AGUA FRESCA

WATERMELON-
BERRY-
BASIL BLEND

HONEYDEW-
GINGER
LIME FIZZ



LEMONDROP MELON & CHILE GRANITA

This granita has the refreshing icy texture of a snow cone with a decidedly more grown-up flavor profile. We paired a sweet-tart lemondrop melon with a serrano pepper syrup and herbal cilantro in this frozen treat that will make you think of a spicy margarita.

Breyers.



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[TRIED & TRUE MADE NEW]

Sprinkling salt onto melon is a Southern tradition. To the genius who started it, we'd like to say thank you.

Coarse salt is easier to pick up with your fingers to sprinkle and gives a gentler flavor than table salt.



RED WINE
SALT

SMOKY
SALT

WHITE
WINE SALT



MELON & SALT

It's no wonder this custom has had staying power: In small doses salt magnifies melon's sweetness and heightens its flavor. In the spirit of making a good thing better, here are three flavored salts to try. Store in airtight containers up to 1 month.

WINE SALT

Imagine a salty bite of melon with a pleasant lingering wine flavor. Mix about 2 tsp. **red** or **white wine** (whatever is on hand) with ¼ cup **kosher salt**. (Don't worry, the salt won't dissolve.) Dry the flavored salt on a plate for 24 hours before storing.

SMOKY

Sweet flavors meld well with smoky, salty ingredients. Add ½ tsp. **smoked paprika** to ¼ cup **kosher salt**.

VANILLA

You'll want to keep this addictive, slightly sweet sprinkle on hand for melons and popcorn. Scrape the seeds of one **vanilla bean** into ¼ cup **kosher salt** and 1 Tbsp. **sugar**. Let the mix stand at least 1 week for maximum flavor.

Bundle WITH GEICO

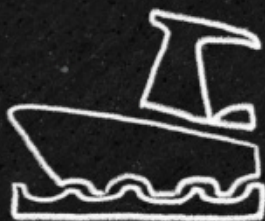
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it all starts with a seed

The sweetest, most delicious melons are those that come from your garden. "They're too good not to grow," says Amy Goldman, author of *The Melon* and a lifelong fan of heirloom types especially.

- Seeds can be sown directly in the garden in early summer, but Goldman likes to start her seeds in small pots indoors in early May. After three or four weeks she plants the healthiest seedlings into the garden. Either way, Goldman says, wait to plant until temps are in the 80s.
- Grow melons in well-drained soil in a sunny spot. Work a tablespoon of slow-release fertilizer into the soil, and plant

two or three seeds or transplants close together. Allow up to 3 feet between clusters and 5 to 8 feet between rows. Consider covering the whole planting area with a layer of black plastic with holes cut out for plants. This helps warm the soil, conserve moisture, and keep fruit off the ground (where it can rot more easily). Water around the crowns of the plants once a week.

- She recommends covering seedlings

with spun-fabric row cover for their first month to protect from drying winds, chilly temperatures, and insect pests. After a month, uncover the plants and let the bees do their work.

- About 25 to 40 days after flowers appear most melons will start to ripen. A few days before harvest, reduce watering to just enough that vines aren't wilting so you don't dilute the melon's flavor.

[NEW TO YOU]

OFF THE VINE

These less common melons offer a few good reasons to shop your farmers market or to grow your own.



LEMONDROP

A relatively recent hybrid, this light green melon tastes like honeydew with a squeeze of lemon juice.



MINI LOVE

The compact plants bear personal-size fruit. If space is limited, this is the one to grow.



MOON AND STARS

Aptly named, a galaxy of tiny stars and moons covers the dark green rind. The flesh ranges from magenta red to pink depending on the variety.



CHARENTAIS

When mature, this softball-size French cantaloupe is highly fragrant. It has a gray-green rind and firm orange flesh.



AMISH

This heirloom cantaloupe tolerates a wide range of weather extremes, is extra juicy, and has a strong aroma when ready for harvest.



TOMMY APPLE

Mr. Tommy Apple of eastern Oregon has been providing the seeds for this heirloom gourmet cantaloupe since the '70s. The fruit is oblong and golden when ripe.



SEED SOURCES Seed Savers Exchange: seedsavers.org and exchange.seedsavers.org. Mini Love watermelon is available from many sources, including johnnyseeds.com, reneesgarden.com, territorialseed.com, jungseed.com. ■

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STRENGTH &
ENERGY

shortcut PASTRIES

If the idea of baking cream cheese Danishes at home sounds intimidating, make a beeline for the freezer aisle and pick up a package of frozen puff pastry. This simple “cheat” is the secret to customizable three-bite pastries.



CREAM CHEESE DANISHES

HANDS-ON TIME 30 min.

TOTAL TIME 45 min.

- 1½ cups fresh or frozen fruit
- 1 8-oz. pkg. cream cheese, softened
- ⅓ cup sugar
- 1 tsp. lemon or lime juice
- ½ to 1 tsp. vanilla, almond, or lemon extract
- ½ cup fruit preserves, jam, or marmalade
- 2 sheets frozen puff pastry, thawed in refrigerator
- 1 egg, lightly beaten

1. Thaw fruit if frozen. Preheat oven to 400°F. Line two baking sheets with parchment paper.

2. In a medium bowl beat cream cheese with a mixer on medium until smooth. Beat in sugar, lemon juice, and vanilla. In a small bowl stir together fruit and preserves.

3. On a lightly floured surface, roll one puff pastry sheet into a 10½-inch square. (Keep remaining sheet chilled.) Cut into nine 3½-inch squares; place on a baking sheet. Prick with a fork to within ½ inch of edges. Combine egg and 1 Tbsp. water; brush over squares. Spread each square with 1 Tbsp. cream cheese mixture; top with about 1½ Tbsp. fruit mixture.

4. Bake 15 to 18 minutes or until golden. Remove; let cool on wire racks. Repeat with remaining puff pastry. Makes 18.

EACH DANISH 200 cal, 11 g fat (6 g sat fat), 23 mg chol, 139 mg sodium, 23 g carb, 1 g fiber, 10 g sugars, 3 g pro ■

Try sliced kumquats or apples, berries, and/or pitted sweet cherries.

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FOR BREAKFAST?

Something
DELICIOUS

Something
HIGH IN FIBER



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EASY, DELICIOUS
RECIPES FOR A BETTER
DINNER TONIGHT

NO-COOK
EDITION



LEMON JUICE
¼ cup



GARLIC
2 cloves, minced



GROUND CUMIN
½ tsp.



CHICKPEAS
two 15- to 16-oz.
cans, rinsed
and drained



GREEN ONIONS
4, bias-sliced into
1-inch pieces



**ROASTED RED
PEPPERS**
½ cup chopped



**FLAT-LEAF
PARSLEY**
½ cup chopped



**TUNA (PACKED
IN OIL)**
one 12-oz. can,
drained and
broken into chunks



FETA CHEESE
½ cup crumbled

CHICKPEA SALAD WITH TUNA

This lemony bean salad (loosely based on the Middle Eastern dish balilah) is a good base for any raw, roasted, or grilled vegetables you have in the fridge. It can be prepared through Step 1 then chilled, covered, up to 4 hours.

HANDS-ON TIME 20 min.
TOTAL TIME 35 min.

1. In a large bowl whisk together the lemon juice, garlic, cumin, ¼ cup olive oil, ½ tsp. kosher salt, and ¼ tsp. ground black pepper. Add chickpeas, green onions, roasted red peppers, and parsley; stir to combine. Let stand at room temperature 15 minutes.

2. Fold in tuna. Top with cheese and additional parsley and ground black pepper. Serves 6.

EACH SERVING 316 cal, 17 g fat (4 g sat fat), 19 mg chol, 630 mg sodium, 21 g carb, 5 g fiber, 4 g sugars, 20 g pro



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ROMA TOMATOES
1½ lb., coarsely
chopped

**ROASTED RED
PEPPERS**
1 cup

GARLIC
4 cloves

SILKEN TOFU
one 12-oz. pkg.,
cut into pieces

FRESH HERBS
1 cup, chopped

**RED WINE
VINEGAR**
¼ cup

GREEN ONIONS
4, chopped

CREAMY GAZPACHO

Blending in silken tofu ups the body and richness of this cold soup that takes advantage of summer produce. Any combo of fresh herbs that have delicate leaves (parsley, cilantro, basil, mint, and/or dill) works well.

START TO FINISH 20 min.

1. In a large food processor combine tomatoes, roasted red peppers, garlic, tofu, fresh herbs, vinegar, green onions, 1 tsp. salt, and ½ tsp. ground black pepper. Cover and process 1 minute or until nearly smooth.

2. Serve gazpacho (chilled if desired) with grilled *baguette* slices and finish with additional herbs, ground black pepper, shaved Parmesan, and/or a drizzle of olive oil. Serves 4.

EACH SERVING 102 cal, 2 g fat, 831 mg sodium, 13 g carb, 3 g fiber, 5 g sugars, 9 g pro





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BASIL PESTO
6 Tbsp.



LEMON JUICE
1 Tbsp.



CAULIFLOWER
 $\frac{3}{4}$ cup chopped



CHERRY TOMATOES
 $\frac{3}{4}$ cup



CELERY
1 stalk,
coarsely chopped



BABY ARUGULA
1 cup



ITALIAN BREAD
four $\frac{1}{2}$ -inch-
thick slices



SALAMI
3 oz. thinly sliced



FRESH MOZZARELLA
2 oz., thinly sliced

ANTIPASTO SANDWICHES

A quick blitz in the food processor turns pesto and chopped veggies into a giardiniera-like relish. Serve any extra as a side salad or over eggs, grilled meat, or roasted veggies.

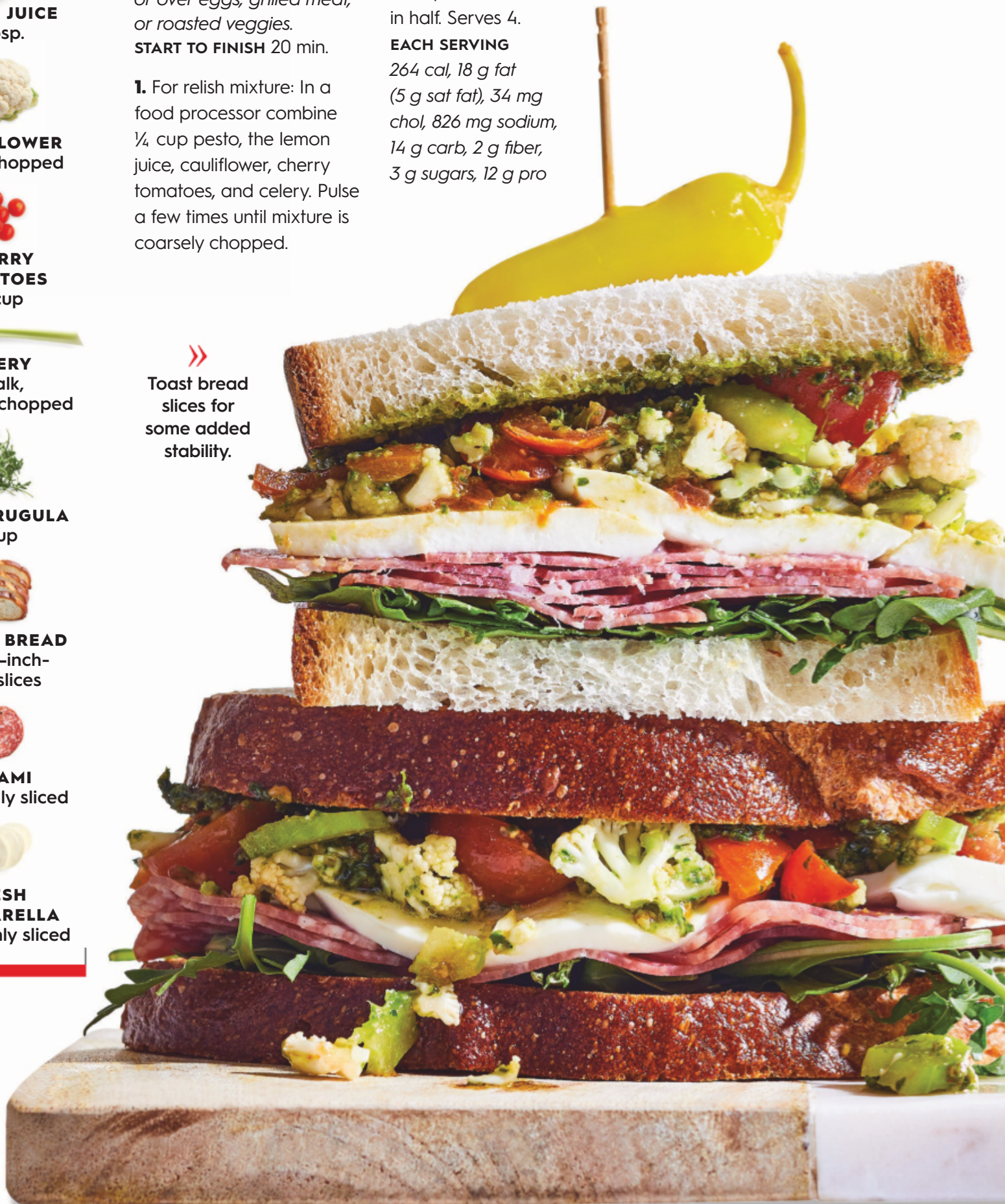
START TO FINISH 20 min.

1. For relish mixture: In a food processor combine $\frac{1}{4}$ cup pesto, the lemon juice, cauliflower, cherry tomatoes, and celery. Pulse a few times until mixture is coarsely chopped.

2. Divide arugula among two bread slices; layer on salami and cheese. Top cheese with relish mixture. Spread remaining 2 Tbsp. pesto on remaining slices of bread and place on top; cut sandwiches in half. Serves 4.

EACH SERVING
264 cal, 18 g fat
(5 g sat fat), 34 mg chol, 826 mg sodium, 14 g carb, 2 g fiber, 3 g sugars, 12 g pro

»
Toast bread slices for some added stability.



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CHICKEN COBB PITAS

All the best parts of a traditional Cobb salad fill pita pockets. For an even more flavorful aioli, stir together the mayo mixture and refrigerate for one hour before assembling pitas.
START TO FINISH 25 min.

1. For aioli: In a small bowl stir together mayonnaise, green onion, lemon juice, garlic, and ¼ tsp. cracked black pepper.

2. Open each pita half and spread with 1 Tbsp. aioli. Gently stuff with chicken, bacon, egg, avocado, and tomato. Finish with blue cheese and serve with remaining aioli for dipping. Serves 4.
EACH SERVING 500 cal, 36 g fat (8 g sat fat), 130 mg chol, 758 mg sodium, 23 g carb, 5 g fiber, 2 g sugars, 25 g pro ■

If you can't find pita pockets, fold soft pita rounds around the fillings.




MAYONNAISE
½ cup


GREEN ONION
3 Tbsp. chopped


LEMON JUICE
2 tsp.


GARLIC
1 clove, minced


PITA POCKETS
two 6- to 7-inch, halved


DELI-ROASTED CHICKEN
1½ cups shredded


BACON
4 strips, crisp-cooked


HARD-BOILED EGG
1, coarsely chopped


AVOCADO
1, halved and sliced


ROMA TOMATO
1, sliced


BLUE CHEESE
¼ cup crumbled

A vibrant, sunlit garden scene. In the foreground, there are tall, spiky green plants and dense, low-lying green shrubs. In the middle ground, a man and a woman are sitting on a wooden bench, smiling and looking towards the right. The background is filled with various trees and plants, including a large tree with reddish-brown leaves on the left and a dark-colored building on the right. The overall atmosphere is peaceful and inviting.

FAMILY ROOTS

Through a creative use of space and strategic plantings of fruits and vegetables, even a small garden can have something for everyone to enjoy (and snack on).



LIVING IT UP

In Northern California, textured plants lead the way to the Liu family's backyard deck, where the family often sets up a projector and screen for movie nights. Designer Leslie Bennett tucked fruits and vegetables throughout the landscaping, including a row of espaliered fig trees along a garage wall for a dramatic backdrop.

W

hen Titi Liu used to walk by her neighbor's front yard in Palo Alto, CA, she felt more than a little envious. "They had these raised beds that were always gorgeous and filled with vegetables," she says. "Mine had become one giant oregano bed."

She soon learned there was a pro behind her neighbor's place: Leslie Bennett, owner of Pine House Edible Gardens. The designer is known not only for her pretty, productive veggie beds but also for creatively working edibles into every part of a landscape.

So Titi and her husband, Eric, hired Bennett to reimagine the family's yard, which at the time was dominated by native ornamental plants. "It's a small yard, so we wanted every spot to work hard," Bennett says. In the front, she and landscape architect Holly Kuljian interspersed dwarf loquat trees and rhubarb amid a modern mix of shrubs and grasses. In the backyard, "Titi was worried they couldn't grow edibles because of a big, shady oak tree," Bennett says. But the designers found pockets of sun for ginger, lavender, and pomegranate and pineapple guava trees. Taking advantage of the warmth reflected off a neighbor's garage wall, they espaliered fig trees against it, choosing varieties that peak at different times for a long harvest season.

Of course, they also tackled those messy oregano beds. Situated along a side yard, the beds are now visually appealing and practical. (Even the couple's teenagers weighed in on what they would actually eat.) With a blueberry patch and potted citrus trees leading up to a small patio, the side yard has become the de facto dining room. It's also Titi's favorite retreat. On weekends, she grabs a seat and reads out there, moving with the sun.



Perennials with architectural foliage mean there's never a dull view from the house.

The kitchen opens to the outdoor dining area and kitchen garden.

THE PLAN

The designers used masses of plantings to create a sense of enclosure within the framework of the existing hardscaping. Light dictated the plantings: In the 1,000-square-foot backyard, for example, ornamentals dominate shady areas, and fruit trees fill sunny spots.

VEGETABLE PARKING

Bennett transformed a rarely used section of driveway into a kitchen garden. Although she planted each raised bed for maximum output, a few tricks keep them looking their best: Steel trellises direct vining crops like cucumbers upward, and herbs spill over edges. Grown for brewing tea, flowering plants like anise hyssop bring some beauty while attracting pollinators.





YEAR-ROUND BEAUTY

Bennett chose ornamentals that would look good in all seasons and juxtaposed silver-blue and bright green foliage so each plant stands out. Tightly planted yucca, mahonia, and asparagus ferns, *above*, line a path to the front porch for a feeling of total immersion.

FRONT YARD ABUNDANCE

In the front, *right*, which faces a street busy with pedestrian traffic, cape rush and phormium provide privacy screening. Fuyu persimmon trees set enough fruit that the family can share with neighbors.





SIMPLE PLEASURES

A dining table, *above and left*, looks out onto the kitchen garden, where many ingredients for the family's meals grow.

UP A NOTCH

Made of cedar, which is stronger than many other types of wood, the raised beds, *left*, ease harvesting. The large pots for citrus trees offer bright spots against the wood shingles and bricks.



Leslie Bennett and Holly Kuljian of Pine House Edible Gardens

PRO PICKS

FAMILY VEGGIE GARDENS

As a mom of two young kids, designer Leslie Bennett always plants these surefire hits.

BERRIES

"My kids grab handfuls of berries and stuff them into their mouths," Bennett says. Try huckleberries in shade, strawberries in full-sun pots and along the edges of beds, vining raspberries and blackberries up fences, and blueberry bushes as hedges.

SNACKABLES

Along with pluck-and-eat cherry tomatoes and sugar snap peas, Bennett suggests cucamelons for novelty. They look like tiny watermelons but taste like crunchy cucumbers.

ROOT CROPS

"Kids love the big reveal of digging up what they can't see," Bennett says. Try carrots or, for an even quicker crop, radishes, which mature

from seed to harvest in 30 days. Potatoes are fun too, although their roots branch out in a bed; if space is limited, plant them in grow bags. ■

BY MALLORY ABREU PHOTOS ERIN KUNKEL
STYLING RYAN REINECK FIELD EDITOR SARAH ALBA

BOHEMIAN RHAPSODY

Patricia Kohlhepp designed a new chapter for her



ENTRY

Patricia Kohlhepp's mash-up of hippie chic and midcentury modern is evident as you cross the front porch, *opposite*, and enter the living room.

The gallery wall features work by some of her favorite South American artists and reminds her of her childhood in Brazil.

Victorian home while embracing the eclectic details of its past.



LIVING ROOM

After taking out a structural floor-to-ceiling fireplace between the living room and kitchen, Patricia replaced it with a 13-foot-tall bookcase. The sleek white unit modernizes the wood-paneled space and preserves the continuity of an open floor plan while providing a hint of separation.

Crafting a home that tells your story doesn't necessarily mean putting your mark on every item, says designer Patricia Kohlhepp. Sure, personalizing a place requires knowing where to swoop in and change a finish and add a throw. But it's also about knowing where to pull back, to embrace the quirks and work around them. "I love the idea of the perfectly imperfect," she says. "Mixing old and new, traditional and modern, is how you give a house soul."

Striking that balance encouraged Patricia to look at her 127-year-old house in Mill Valley, CA, somewhat like a book, with each previous owner contributing a chapter. "It's a mix of styles and the histories of the people who have lived here," she says. "I wanted to preserve the layers of architecture and those stories." Take the living room's original rich wood paneling, for example. To brighten the space while letting the redwood shine, Patricia painted the trim white and hung gallery walls of bright art. Then there is the kitchen's massive black range hood, a quirky piece installed by former owner

KITCHEN

Patricia didn't want to rip out high-quality cabinets, but their original wood finish felt too dark combined with the paneled walls, so she painted them white. Black hardware ties in with the existing hood. A walnut and black iron table behind the island pulls everything together.



LOFT BEDROOM

Youngest daughter Kayla's bedroom, *right* and *below*, is also known as the teen lounge. Patricia kept the original loft bed for its youthful charm and so her college-age daughter, Jade, would have a place to hang out when she visits. Black and neon give the decor a punk edge.

MASTER BEDROOM

Replacing carpet with light stained hardwood was the first update to the master bedroom, *opposite*. Patricia DIYed the headboard to create a focal point. A mix of geometric, tie-dye, and stripe patterns in the rug and pillows gives the otherwise neutral space pizzazz.



Sean Hopper, keyboardist for Huey Lewis and The News. To better integrate the hood, Patricia brought in black hardware on the glossy white cabinets and a sculptural pendant that matches its scale. “To me, interior design is all about problem-solving,” Patricia says. “I feel extremely satisfied when I think something wouldn’t have worked but find a place for it.”

Additions and swaps, like replacing rotting butcher-block kitchen countertops with quartz and upstairs carpets with hardwood, update spaces for modern living but are neutral so don’t compete with retro elements. But it’s Patricia’s DIY skills and bargain finds—she calls herself the “Indiana Jones of Craigslist”—that enhance her chapter. In the living room, nubby pillows she made from fabrics collected around the world share space with signature pieces like a pair of vintage Jens Risom chairs. She pulled from her childhood in Brazil by bringing midcentury design and splashy color to every room, writing bits of her own past into the home’s continuing story.



DIY INGENUITY

A slab of live-edge black walnut large enough for a headboard typically runs well over \$1,000, but Patricia found a coffee table with the right-size top on Craigslist for \$300 and attached it to her bed frame.







EXTERIOR

When Patricia bought the house, all the exterior trim was an intense and dated shade of green. Now the landscaping and textural outdoor decor stand out against a subdued palette of taupe trim and dark brown on the cedar shingles, *opposite*.

FRONT DECK

Bohemian flair is alive on the deck, *above*, where the casual seating area includes a rattan chair found on the side of the road, floor pillows, and a concrete table. It's the family's favorite spot for dinner; "it's private but not isolated. We hear people walking on the street below."

“Interesting is better than simply beautiful. Interesting gives you something to talk about.”

PATRICIA KOHLHEPP

DOS & DON'TS

Updating a house requires knowing what to keep and what to change or let go.

Patricia walks us through her process for modernizing without losing character.

DON'T DECORATE TO THE PERIOD

Old bones don't require furniture from the same era. Patricia balances Victorian architecture with midcentury furniture rather than letting the architecture dictate.

DO UPDATE LIGHT FIXTURES

A single statement fixture can go a long way in making a room feel modern.

In the kitchen, Patricia swapped an iron chandelier for recessed lighting and a sculptural pendant.

DON'T ERASE THE HANDMADE

They give a home one-of-a-kind charm.

Embrace small features that won't overwhelm, like the stained-glass window in Patricia's front door.

DO USE UNEXPECTED ART

Create a push and pull of old and new by balancing architecture with art. If the bones of your home are streamlined and modern, bring in older paintings. Or, like Patricia, if your home is old, refresh it with photography and bright, graphic block prints. ■

Kaleb Wyse, the Midwesterner behind the blog *Wyse Guide*, preps vegetables, aromatics, and brine alongside family members for a day of pickling and reminiscing.

preserving

FOR A BLOGGER AND LIFELONG



tradition

GARDENER, PICKLING VEGGIES IS A JOYFUL FAMILY AFFAIR.



BY JENNY COMITA PHOTOS CARSON DOWNING FOOD STYLING KELSEY BULAT
PRODUCED BY CARRIE BOYD AND STEPHANIE HUNTER

August 2020 | BH&G 95

time to brine

Jars of preserved produce capture the feeling of sun-soaked summer days. Here are Kaleb's tips for turning the process into a family get-together.

THINK AHEAD

"Gather your recipes, ingredients, and equipment in advance," Kaleb says. "Pickling is time-sensitive, so avoid hitting the pause button midpickling while you run to the store for a last-minute ingredient."

KEEP IT FRESH

If you don't have a garden, shop your farmers market or farm stand for the freshest veggies you can find. "If you use produce that's been sitting around, your pickles won't have the same great crunch," Kaleb says.

RECRUIT THE KIDS

"Small hands are an asset when you're putting food in jars," Kaleb says. If little ones aren't up for assembly-line work, get them involved decorating labels.



MORE CANNING INFO

Simply hover your smartphone camera over this smart code for more information on how to can.



Kaleb puts twists on family favorites. His dill beans get their flavor from herbs picked in his garden (his grandmother relied on dried dillseeds), apple cider vinegar brightens pickled peppers, and beets feature tongue-tingling Szechwan peppercorns.

To Kaleb Wyse, nostalgia is the taste of a homemade pickle: sweet and salty with a bright, mouth-puckering kick. Some of his happiest memories of growing up on a fourth-generation family farm in southeast Iowa involve sitting at the kitchen table while his mother worked the stove-top canner and his grandmother mixed brine, offering him little samples as she added an extra pinch of this and a little sprinkle of that. "During the process you wouldn't even think, *Oh, we're making pickles,*" Kaleb says. "You would be hearing Grandma's stories

about when she was little and about her mother. We had the best talks during those days in the kitchen."

At 32, Kaleb lives on the same property, down the road from the house where he was raised. And pickling remains a highly anticipated family tradition. These days, he plans around visits from his sister, Kelsey, who heads back to the farm every summer. Kaleb and his mother, both accomplished gardeners, harvest whichever vegetables are at their peak, and the Wyse clan gets to work putting up a mix of traditional recipes—dilly beans, Kirby cukes—and new experiments. "I'll pickle just about anything," Kaleb says, pointing to Curried Cauliflower with Turmeric and Smoky Paprika Carrots as two recent favorites. "And, of course, while we're cooking, we always get to reminiscing."



ABOVE Kaleb tends to a trellis of Chicago Pickling Cucumbers in his Iowa garden. ♦ Mix colors for visual interest in pickled dill beans. Some of Kaleb's favorite varieties are Golden Butterwax, Purple Dove, and Jade. **BELOW** Fresh herbs, spices, and aromatics liven up brines. Especially when pickling as a group of people, you up efficiency by prepping and organizing ingredients (aka mise en place).

♦ Kaleb grows both red and golden beets, but to avoid colors bleeding together, he pickles and preserves them in monochrome.



ALL IN THE FAMILY

For Kaleb, who chronicles food, gardening, and the renovation of his 130-year-old farmhouse on his blog *Wyse Guide*, making pickles means more than bottling summer and canning fresh produce. The preserved vegetables are a way of sharing his family, his farm, and his history. “I want to share the simplicity of pickling. Maybe you don’t know how to pickle, maybe you didn’t do it with your grandma, but it’s not hard. You can start doing it now and make memories too.”



garden-fresh

Kaleb’s pickling-day menu features homegrown veggies and plenty of finger foods so picklers can snack while they work.

BIG-BATCH ROSEMARY LEMONADE

Kaleb uses fresh rosemary, club soda, and an almond-infused simple syrup—or Amaretto liqueur—in this sipper.

HERB-ROASTED SHRIMP AND SUCCOTASH RELISH

Top oven-roasted shrimp with a bright take on succotash, complete with barely cooked veggies and a vinegary punch.

GRILLED ZUCCHINI AND GOAT CHEESE TOASTS

“Like everyone who grows squash, I end up with too much of it. I’m always looking for new ways to use it.” Here za’atar, a Middle Eastern spice blend with a tinge of citrus, gives the veg some oomph.

ROASTED CARAWAY CARROTS WITH FENNEL AIOLI

Kaleb briefly roasts carrots before finishing them under the broiler. His two-step process ensures a crisp-tender texture and a bit of char. Serve them warm or at room temp with a fennel-packed dip. ■

PHOTO: (OPPOSITE) BLAINE MOATS



BIG-BATCH
ROSEMARY
LEMONADE

HERB-ROASTED
SHRIMP
AND SUCCOTASH
RELISH

GRILLED
ZUCCHINI AND
GOAT CHEESE
TOASTS

ROASTED
CARAWAY
CARROTS WITH
FENNEL AIOLI

RECIPES
BEGIN ON
PAGE 100.



RECIPES FROM PAGES 94–99

PRESERVING TRADITION

BIG-BATCH ROSEMARY LEMONADE

For a boozy version, substitute an equal amount of Amaretto liqueur for the Almond Simple Syrup.

HANDS-ON TIME 15 min.

TOTAL TIME 2 hr. 15 min., includes chilling

In a 1½-qt. pitcher combine 2 cups fresh *lemon juice* (8 to 10 lemons), 1 cup *Almond Simple Syrup* or almond beverage syrup (such as Torani), and 4 fresh *rosemary sprigs*. Cover; chill 2 hours or until ready to serve. Stir in 1 cup *club soda* and serve in ice-filled glasses. Makes 4 cups.

ALMOND SIMPLE SYRUP In a saucepan heat ¾ cup *water* and ½ cup *sugar* over medium-high 5 minutes, stirring until sugar is dissolved. Stir in 1½ tsp. *almond extract*. Refrigerate in an airtight container up to 1 week.

PER 1 CUP 134 cal, 15 mg sodium, 34 g carb, 28 g sugars

HERB-ROASTED SHRIMP

START TO FINISH 30 min.

- 1½ lb. fresh or frozen jumbo shrimp (14 to 16 per lb.), thawed if frozen, peeled, and deveined
- 2 Tbsp. olive oil
- 2 tsp. lemon juice
- 2 cloves garlic, minced
- 1 tsp. chopped fresh marjoram or oregano
- 1 tsp. chopped fresh thyme leaves

Preheat oven to 375°F. Pat shrimp dry. Arrange in a single layer in a 15×10-inch baking pan. Drizzle with the olive oil and lemon juice. Sprinkle with garlic, marjoram, thyme, and 1 tsp. *salt*. Roast, uncovered, 8 to 10 minutes or until shrimp are opaque. Serves 8 for appetizers.

EACH SERVING 94 cal, 4 g fat (1 g sat fat), 119 mg chol, 379 mg sodium, 15 g pro

SUCCOTASH RELISH

HANDS-ON TIME 20 min.

TOTAL TIME 50 min., includes chilling

- 2 Tbsp. safflower or vegetable oil
- ¼ cup chopped yellow onion
- ½ cup chopped red bell pepper
- ¾ cup fresh or frozen (thawed) baby lima beans or edamame
- 1 cup fresh corn kernels (2 ears)
- ¼ cup apple cider vinegar
- 1 Tbsp. sugar
- ½ tsp. dry mustard
- 2 Tbsp. chopped fresh dill weed
- 1 Tbsp. chopped green onion

1. In a 12-inch skillet heat oil over medium-high. Add onion and bell pepper; cook 4 minutes or until softened and onions are translucent. Stir in lima beans; cook 1 minute. Add corn; cook 5 minutes or until heated through and bright yellow, stirring occasionally.

2. Add vinegar, sugar, mustard, ½ tsp. *salt*, and ½ tsp. *ground black pepper*. Cook, uncovered, 8 to 10 minutes or until the liquid has almost completely evaporated. Let cool to room temperature. Chill at least 30 minutes in an airtight container. Serve cold sprinkled with dill and green onion. Serves 6.

EACH SERVING 107 cal, 5 g fat, 210 mg sodium, 14 g carb, 2 g fiber, 5 g sugars, 3 g pro

GRILLED ZUCCHINI AND GOAT CHEESE TOASTS

START TO FINISH 40 min.

- 2 medium zucchini (20 to 24 oz. total)
- 3 Tbsp. olive oil
- 1 to 2 Tbsp. za'atar seasoning

- 1 8-inch baguette, cut into twelve ½-inch-thick slices
- 4 oz. goat cheese, softened
- Snipped fresh chives (optional)

1. Preheat grill to medium. Cut zucchini in half lengthwise; brush cut sides with 1 Tbsp. olive oil. Sprinkle with za'atar and ½ tsp. *salt*. Brush remaining 2 Tbsp. olive oil on both sides of baguette slices; sprinkle with *ground black pepper*.

2. Grill zucchini halves, cut sides down, 10 to 12 minutes or until charred and beginning to soften. For the last 4 minutes, grill baguette slices until lightly charred and toasted, turning once. Let cool 5 minutes.

3. Slice zucchini into 2-inch-thick halfmoons. Spread baguette slices with goat cheese; top with zucchini. If desired, sprinkle with chives. Serves 6.

EACH SERVING 231 cal, 11 g fat (4 g sat fat), 9 mg chol, 576 mg sodium, 24 g carb, 1 g fiber, 2 g sugars, 7 g pro

ROASTED CARAWAY CARROTS

HANDS-ON TIME 10 min.

TOTAL TIME 30 min.

- 1½ lb. carrots, peeled, halved, and cut into 4- to 5-inch sticks
- 1 medium fennel bulb, trimmed, cored, quartered, and thinly sliced
- 1½ tsp. salt
- 1½ tsp. ground coriander
- 1 tsp. ground caraway
- ½ tsp. caraway seeds, toasted
- Fennel Aioli (page 102)

1. Preheat oven to 425°F. Place carrots and fennel in a 15×10-inch baking pan. Drizzle with 2 Tbsp. *olive oil* and sprinkle with the salt, coriander, ground caraway, and caraway seeds. Toss to combine; spread evenly in pan.

2. Bake 20 minutes or until carrots are crisp-tender and starting to brown, stirring once. If you want to brown the carrots a little more, preheat broiler and broil 4 inches from the heat for 2 minutes. Serve warm or at room temperature with Fennel Aioli. Serves 6.

EACH SERVING 95 cal, 5 g fat (1 g sat fat), 672 mg sodium, 13 g carb, 4 g fiber, 6 g sugars, 2 g pro



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IS SAID ON THE PLATES
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1 BOWL & YOU'RE GOOD TILL LUNCH

With 2% milk, at least half of adults had a lower desire to eat than before breakfast for 3 1/2 hours.



FENNEL AIOLI

START TO FINISH 15 min.

- 1 egg*
- 2 tsp. lemon juice
- 1 tsp. Dijon mustard
- 1 clove garlic
- 2 Tbsp. chopped fennel fronds, plus more for garnish
- 3/4 cup safflower oil or olive oil

In a blender or small food processor combine egg, lemon juice, mustard, 3/4 tsp. ground black pepper, 1/2 tsp. salt, the garlic, and 2 Tbsp. fennel fronds. Blend 20 to 30 seconds or until smooth. With blender running, add oil in a thin stream until the mixture is thick and white, about 1 minute, stopping to scrape down sides as necessary. Season to taste. Chill in an airtight container up to 2 days. Makes 1 cup.

***TIP** Raw eggs may carry harmful bacteria. If you are pregnant or immunocompromised, substitute eggs pasteurized in the shell.

PER 1 TABLESPOON 95 cal, 11 g fat (1 g sat fat), 12 mg chol, 81 mg sodium

DILL BEANS

For the best fit, trim beans to a length that puts them even with the bottom of the jar's neck.

START TO FINISH 35 min.

- 2 1/2 cups distilled white vinegar
- 3 1/2 lb. fresh green beans, trimmed and cut into pieces
- 6 heads fresh dill weed or 6 Tbsp. dillseeds

In a 3-qt. saucepan combine vinegar, 2 1/2 cups water, and 3 Tbsp. kosher salt. Bring to boiling. Boil, uncovered, 1 minute. Cover; keep hot on low. Pack a hot, clean pint canning jar with beans and a dill head, leaving 1/2-inch headspace. (See how-to, opposite.) Pour hot brine over beans, maintaining

MAKE IT QUICK (PICKLE)

To skip the canning step and quick-pickle instead, halve the recipe, blanch the veggies (excluding cucumbers) 2 minutes, and store in brine-filled jars in the refrigerator at least 24 hours and up to 2 weeks.

1/2-inch headspace. Add lid and screw band. Repeat for a total of six jars. Place jars in a water-bath canner. Process 5 minutes, beginning timing when water returns to a boil. Let cool on wire racks at least 4 hours. Makes 6 pints.

PER 1/3 CUP 14 cal, 38 mg sodium, 3 g carb, 1 g fiber, 1 g sugar, 1 g pro

CURRIED CAULIFLOWER

HANDS-ON TIME 45 min.

TOTAL TIME 55 min.

- 5 cups distilled white vinegar
- 1 Tbsp. curry powder
- 1/2 tsp. ground turmeric
- 1 Tbsp. cumin seeds
- 10 cups cauliflower florets (two 2 1/2-lb. heads)
- 6 serrano peppers, seeded (if desired) and sliced

In a 3-qt. saucepan combine vinegar, 2 cups water, 2 Tbsp. kosher salt, the curry powder, and turmeric. Bring to boiling. Boil, uncovered, 1 minute. Cover; keep hot on low. Add 1/2 tsp. cumin seeds to a hot, clean pint canning jar. Pack with cauliflower and a pepper, leaving 1/2-inch headspace. (See how-to, opposite.) Pour hot brine over cauliflower, maintaining 1/2-inch headspace. Add lid and screw band. Repeat for a total of six jars. Place jars in a water-bath canner. Process 10 minutes, beginning timing when water returns to a boil. Let jars cool on wire racks at least 4 hours. Makes 6 pints.

PER 1/3 CUP 9 cal, 32 mg sodium, 1 g carb, 1 g fiber, 1 g sugars, 1 g pro

HOT PEPPERS

HANDS-ON TIME 45 min.

TOTAL TIME 55 min.

- 6 cups apple cider vinegar
- 1/4 cup sugar
- 1 Tbsp. celery seeds
- 12 cloves garlic
- 3 lb. mixed hot peppers, stemmed, seeded (if desired), and sliced

In a 3-qt. saucepan combine vinegar, 2 cups water, the sugar, and 1 Tbsp.

how-to WATER-BATH CANNING

Preserve your favorite produce for year-round use when you master the basics of water-bath canning (aka boiling-water canning). Here's the process.



STEP TWO

Use a jar funnel to fill jars. Run a wooden skewer or knife around the inside edge of jar to release any air bubbles. (Note: Fill only as many jars as will fit in your canner at one time.)



STEP FOUR

Wipe jar rims with a damp paper towel. Place lids on jars, then secure by screwing on bands no more than fingertip tight. Transfer to canner. If necessary, add boiling water so water covers jars by at least 1 inch. Start timer when water returns to a boil.



STEP ONE

To prep jars and lids, wash both in hot, soapy water; rinse well. Fill canner with water; bring to a simmer. Place jars in canner until ready to fill; place lids in a heatproof bowl and cover with hot water to soften the sealant.



STEP THREE

Measure headspace—the unfilled space between top of jar and top of food—according to recipe. Headspace allows food to expand a bit when heated and the vacuum seal to form. Adjust headspace by removing or adding food or brine.



STEP FIVE

Let jars cool at least 4 hours. Test seals by pressing on center of each lid. If lid moves or makes a clicking sound, it didn't properly seal. (Refrigerate any unsealed jars up to 1 week.) Store properly sealed canned food in a cool, dry place up to 1 year.

10 LAYERS OF WHEAT IN EVERY BITE



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SILENCE YOUR GROWL



kosher salt. Bring to boiling. Boil, uncovered, 1 minute. Cover; keep hot on low. Place $\frac{1}{2}$ tsp. celery seeds and 2 cloves garlic in a hot, clean pint canning jar. Pack with peppers, leaving $\frac{1}{2}$ -inch headspace. (See how-to, *page 103*.) Pour hot brine over peppers, maintaining $\frac{1}{2}$ -inch headspace. Add lid and screw band. Repeat for a total of six jars. Place jars in a water-bath canner. Process 10 minutes, beginning timing when water returns to a boil. Let jars cool on wire racks at least 4 hours. Makes 6 pints.

PER 2 TBSP. 13 cal, 11 mg sodium, 3 g carb, 2 g sugars, 1 g pro

SMOKY CARROT STICKS

HANDS-ON TIME 30 min.
TOTAL TIME 45 min.

- 4 cups distilled white vinegar
- $\frac{1}{4}$ cup sugar
- $1\frac{1}{2}$ Tbsp. smoked paprika
- 6 4-inch sprigs thyme
- 4 lb. carrots, cut into sticks

In a 3-qt. saucepan combine vinegar, 2 cups *water*, the sugar, 2 Tbsp. *kosher salt*, and the paprika. Bring to boiling. Boil, uncovered, 1 minute. Cover; keep hot on low. Pack a hot, clean pint canning jar with 1 thyme sprig and carrots, leaving $\frac{1}{2}$ -inch headspace. (See how-to, *page 103*.) Pour hot brine over carrots, maintaining $\frac{1}{2}$ -inch headspace. Add lid and screw band. Repeat for a total of six jars. Place jars in a water-bath canner. Process 15 minutes, beginning timing when water returns to a boil. Let jars cool on wire racks at least 4 hours. Makes 6 pints.

PER $\frac{1}{3}$ CUP 23 cal, 58 mg sodium, 5 g carb, 1 g fiber, 3 g sugars

PICKLED BEETS

HANDS-ON TIME 45 min.
TOTAL TIME 2 hr. 35 min.

- $2\frac{1}{2}$ cups distilled white vinegar
- $\frac{1}{2}$ cup sugar
- 3 $4\frac{1}{2}$ -inch strips orange zest
- 2 Tbsp. Szechwan peppercorns
- 10 cups sliced cooked beets*

In a 3-qt. saucepan combine vinegar, 2 cups *water*, the sugar, 2 Tbsp. *kosher salt*, and the orange zest. Bring to boiling. Boil, uncovered, 1 minute. Reduce heat to low; cover and let steep 10 minutes. Discard orange zest; keep brine hot. Place 1 tsp. Szechwan peppercorns in a hot, clean canning jar. Pack with beets, leaving $\frac{1}{2}$ -inch headspace. Pour hot brine over beet slices, maintaining $\frac{1}{2}$ -inch headspace. (See how-to, *page 103*.) Add lid and screw band. Repeat for a total of six jars. Place jars in a water-bath canner. Process 30 minutes, beginning timing when water returns to a boil. Let jars cool on wire racks at least 4 hours. Makes 6 pints.

***TIP** For 10 cups cooked beets, start with 5 lb. beets. Trim and peel. In a 6-qt. pot place beets and enough water to cover. Bring to boiling; reduce heat. Simmer, covered, 1 hour or until tender. Drain, cool, and slice $\frac{1}{4}$ inch thick.

PER $\frac{1}{4}$ CUP 23 cal, 60 mg sodium, 5 g carb, 1 g fiber, 4 g sugars, 1 g pro

RECIPES FROM PAGES 62-68

THE JUICY FRUIT

TRIPLE-MELON SALAD

Customize this salad with your favorite melon combination cut any way you like paired with your choice of herb or herb combo.

START TO FINISH 25 min.

- 3 cups baby arugula
- 6 cups cut-up melon, such as watermelon, cantaloupe, and/or honeydew
- $\frac{1}{2}$ cup thin red onion wedges
- $\frac{1}{2}$ cup crumbled feta cheese (2 oz.)
- $\frac{1}{4}$ cup orange juice
- 1 Tbsp. lime juice
- 1 Tbsp. honey
- 2 cloves garlic, minced
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{2}$ cup chopped fresh herbs, such as mint, basil, and/or parsley

1. Arrange arugula, melon, and onion on a platter. Sprinkle with cheese.
2. For dressing: In a small bowl whisk together orange and lime juices, honey,



garlic, $\frac{1}{4}$ tsp. salt, and $\frac{1}{4}$ tsp. ground black pepper.

Whisking constantly, add oil in a thin stream. Top salad with dressing and herbs.

Serves 6.

EACH SERVING 193 cal, 12 g fat (3 g sat fat), 11 mg chol, 237 mg sodium, 20 g carb, 2 g fiber, 17 g sugars, 4 g pro

CANTALOUPE-PEACH AGUA FRESCA

Serve this drink over frozen cubed melon to avoid diluting the flavor with ice.

Not a fan of coconut water?

Sub in water and up the lemon juice to $\frac{1}{3}$ cup.

HANDS-ON TIME 30 min.

TOTAL TIME 2 hr. 30 min., includes chilling

- 6 cups cubed cantaloupe
- 2 fresh peaches, coarsely chopped
- 3 cups coconut water, chilled
- $\frac{1}{4}$ cup fresh lemon juice
- Frozen cubed cantaloupe
- Fresh peach slices

1. In a blender combine 3 cups cantaloupe, 1 peach, and $\frac{1}{4}$ cup coconut water. Blend until smooth. Pour through a fine-mesh sieve, pressing on solids to release juice. Transfer juice to a 2-qt. pitcher. Repeat with remaining cantaloupe and peach and $\frac{1}{4}$ cup coconut water.

2. Stir remaining coconut water into mixture; chill 2 hours or until ready to serve. Stir and serve over frozen melon cubes with peach and lemon slices, if desired. Makes 7 cups.

PER $\frac{3}{4}$ CUP 89 cal, 1 g fat, 146 mg sodium, 22 g carb, 4 g fiber, 17 g sugars, 3 g pro

WATERMELON-BERRY-BASIL BLEND

HANDS-ON TIME 30 min.

TOTAL TIME 2 hr. 30 min., includes chilling

- 9 cups cubed watermelon
- 3 cups fresh raspberries
- $\frac{3}{4}$ cup fresh basil leaves

In a blender combine 3 cups watermelon, 1 cup raspberries, and $\frac{1}{4}$ cup basil. Blend until smooth. Pour through a fine-mesh sieve, pressing on solids to release juice.

Transfer juice to a 2-qt. pitcher. Repeat twice with remaining watermelon, raspberries, and basil. Chill, covered, at least 2 hours and up to 24 hours. Serve over ice with additional raspberries and basil.

Makes 6 cups.

PER $\frac{3}{4}$ CUP 56 cal, 2 mg sodium, 13 g carb, 3 g fiber, 8 g sugars, 1 g pro

HONEYDEW-GINGER LIME FIZZ

HANDS-ON TIME 20 min.

TOTAL TIME 2 hr. 50 min., includes chilling

- $\frac{1}{4}$ cup sugar
- 1 1-inch piece fresh ginger, thinly sliced
- 1 lime, zested and juiced
- 1 honeydew melon, seeded and halved
- 1 liter sparkling water, chilled

1. In a small saucepan stir together 1 cup water, the sugar, ginger, and lime zest over medium until the sugar dissolves. Let stand, covered, 30 minutes. Pour through a fine-mesh sieve into a bowl.

2. Use a melon baller to remove fruit from half the



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If You Purchased Certain Roundup® Weed & Grass Killer Products, You May Be Entitled To Payment From A Proposed Class Action Settlement

*The United States District Court authorized this Notice.
It is not a solicitation from a lawyer. You are not being sued.*

This Settlement resolves a class action lawsuit, *Lisa Jones et al. v. Monsanto Company, et al.* (No. 4:19-cv-00102-BP), pending in the United States District Court for the Western District of Missouri (the “Court”) against Monsanto Company, the manufacturer of the Roundup® Ready-to-Use Weed & Grass Killer III, Roundup® Ready-to-Use Weed & Grass Killer Plus, Roundup® Weed & Grass Killer Super Concentrate, and Roundup® Weed & Grass Killer Concentrate Plus (the “Roundup® Products”).

The lawsuit alleges that a statement that appears on the rear label of these Roundup® Products, “targets an enzyme found in plants but not in people or pets,” is false and misleading. Monsanto denies these allegations and any wrongdoing. The Settlement avoids costs and risks to you from continuing the lawsuit, provides relief to purchasers of the Roundup® Products during the relevant time period, and releases Monsanto and others from liability for the related claims.

Who’s Included? You may be a Class Member if you purchased: (1) Roundup® Ready-to-Use Weed & Grass Killer III; (2) Roundup® Ready-to-Use Weed & Grass Killer Plus; (3) Roundup® Weed & Grass Killer Concentrate Plus; or (4) Roundup® Weed & Grass Killer Super Concentrate in packaging with a label that contained the statement “targets an enzyme found in plants but not in people or pets” or a substantially similar statement.

The time period during which purchases are included in this Settlement differs from state to state, depending on each state’s statutes of limitations. Visit the Settlement Website at www.RoundupWGKSettlement.com to determine if your purchase is eligible for compensation.

What Does The Settlement Provide? The proposed class action Settlement will provide the Class with **\$39,550,000 (thirty-nine million five hundred and fifty thousand dollars)** of monetary relief to pay all aspects of the Settlement, including Class Members’ claims, notice costs, administration costs, service awards of up to \$2,500 to named plaintiffs, legal expenses, and attorneys’ fees. If the Court approves the Settlement and you have not excluded yourself as described below, you will be bound by the Settlement and barred from suing Monsanto and related entities for the claims released in the Settlement. The Released Claims are described in detail at www.RoundupWGKSettlement.com.

What Are My Rights And Options?

Make a Claim. You must submit a claim by going to www.RoundupWGKSettlement.com and submitting (or printing and mailing) a claim form. Class Members may make a claim by submitting either proof(s) of purchase or an affirmation under penalty of perjury of the identity and quantity purchased. Any person who received a full refund is excluded from the Class definition. The deadline to postmark or submit your claim online is **September 11, 2020**.

Other Options. The purpose of this Notice is to inform you of this lawsuit so you can make an informed decision as to whether you should remain in or opt out of this Settlement. **Your legal rights are affected**, and you have a choice to make now. If you do not want to be legally bound by the Settlement, you must exclude yourself by **September 11, 2020**. If you do not exclude yourself, you will release any claims you may have, as more fully described in the Settlement Agreement, available at the Settlement Website. You may remain a Settlement Class Member and object to the Settlement by **November 5, 2020**. You may choose to pay for and be represented by a lawyer who may send the objection for you. The website explains how to exclude yourself or object.

The Court will hold a Final Approval Hearing on November 9, 2020 at 10:00 a.m. in Courtroom 7A of the Charles Evans Whittaker U.S. Courthouse, 400 E. 9th Street, Kansas City, Missouri 64106 to consider whether to approve the Settlement, attorneys’ fees and expenses, and the Class Representative Service Award. You may ask the Court to appear at the Fairness Hearing, but you don’t have to do so.

How Can I Get More Information?

Visit the Settlement Website below, contact the Claims Administrator at (833) 909-2007, or contact Class Counsel at (718) 705-4579.

**PLEASE DO NOT CALL OR WRITE THE COURT
FOR INFORMATION OR ADVICE.**

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melon. Add to syrup; stir to coat. Chill, covered, 1 hour.

3. Meanwhile, remove rind from remaining melon half; cut melon into small chunks. Puree in a blender until smooth. Transfer to a 2-qt. pitcher. Cover; chill 2 hours or until ready to serve.

4. To serve, add melon balls with syrup and lime juice to puree in pitcher. Add sparkling water. Serve with lime slices. Makes 8 cups.

PER 1 CUP 80 cal, 44 mg sodium, 21 g carb, 1 g fiber, 18 g sugars, 1 g pro

LEMONDROP MELON & CHILE GRANITA

You may find lemondrop melons at large grocers.

HANDS-ON TIME 20 min.

TOTAL TIME 4 hr. 50 min., includes freezing

- ¾ cup sugar**
- 1 serrano or jalapeño pepper, stemmed and sliced (leave seeds)**
- 6 cups cubed lemondrop melon or honeydew melon**
- ¼ cup packed fresh cilantro leaves**
- Chile-lime seasoning, such as Tajín**

1. In a small saucepan stir sugar and ¾ cup water over medium until sugar dissolves. Stir in pepper. Let stand, covered, 30 minutes.



2. Meanwhile, puree melon and cilantro in a blender or food processor, in batches if necessary. Transfer to a 1½- to 2-qt. baking dish. Strain syrup into puree; stir to combine. Freeze, covered, 3 to 4 hours or until frozen. Using a fork, break mixture into slushy chunks. This allows coarse ice crystals to form. Freeze 1 to 2 hours more or until solid again. Use a fork to scrape the frozen surface into fine icy shards. It will look like shaved ice. (For an airier, almost creamy texture, process frozen mixture in a food processor 1 minute or until smooth. Freeze at least 1 hour more before serving.)

3. Serve sprinkled with chile-lime seasoning. Makes 4 cups.

PER ¼ CUP 110 cal, 111 mg sodium, 28 g carb, 1 g fiber, 27 g sugars, 1 g pro ■

RULES FOR SWEEPSTAKES

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[people.com/
worlds-cutest-rescue-dog-contest/](http://people.com/worlds-cutest-rescue-dog-contest/)



13%

That's how much after-tax income the average American spends on food a year.

To keep costs in check, try a free app that helps you save.

For example, Basket compares prices between grocery stores, and Flipp finds coupons and deals.



About 45 million Americans go on a diet each year.

Research says most diets stop working after one year.

Data from nearly 22,000 people shows that popular diets do result in weight loss and lower blood pressure, but one year later, weight loss stops and the benefits are gone. Key to benefits sticking: Don't think of a diet as temporary; slowly make changes that you can maintain.

August 2

NATIONAL FRIENDSHIP DAY

Friends make us happy, of course, but perhaps surprisingly, research shows they also improve our immune system.

Connecting via text or email works, but a phone call or video chat gives a bigger lift.

4

WORKOUTS A WEEK CAN BOOST YOUR MOOD.

If you're feeling anxious or depressed, four 35-minute sweat sessions a week can help. Participants in a recent study reported a 35 percent drop in symptoms after four months. Keep workouts brisk: about 70 percent of your max heart rate or until you're a little breathless.

➔ In a recent survey, 43% of women said during the quarantine they **built more meals with what was in their pantries, fridges, and freezers.**

Turns out this is a great way to make healthy meals on a budget. For more easy ways to eat healthy without spending a lot, check out our story on page 110.

IT'S NOT A MYSTERY: EVERYONE NEEDS A BEST FRIEND

Got the feeling something isn't quite right? Zoinks! You may be missing a very best friend. Don't panic. With thousands of homeless pets around the country, it's easy to find your perfect pal. Just head to your local animal shelter to adopt a dog or cat of your own. Join Best Friends today. Together, we can Save Them All.



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healthy eating ON A BUDGET

A few simple moves can help keep your grocery bill in check while you and your family focus on eating good-for-you meals.



Eggs are an inexpensive healthy source of protein: One has 6 grams and only 72 calories.

1

Go meat-free a few days a week.

Research has found that vegetarians can save at least \$750 per year. But even only one or two vegetarian meals per week make a difference, cost- and healthwise, says Mary M. Flynn, Ph.D., R.D., research dietitian at The Miriam Hospital and associate professor of medicine at Brown University in Providence, RI. Subbing beans for chicken in a vegetable stir-fry once a week could save roughly \$400 annually and meet your protein quota: One cup of most beans provides 14–16 grams, plus fiber and cancer-fighting nutrients.

2

Try frozen fish.

It costs money to quickly transport fresh-caught seafood from ship to store and to keep it in the refrigerated case. Frozen fish has the same vitamins, minerals, and heart-healthy omega-3 fatty acids as fresh and can cost 20–25 percent less, says Los Angeles nutritionist Ilana Muhlstein, M.S., R.D.N.

Buying frozen also makes upgrading to wild fish options more affordable. “Wild-caught seafood contains fewer pesticides and usually has higher concentrations of nutrients,” Muhlstein says.

Look for packages with individually wrapped portions so you can thaw only what’s needed for a meal. That way you don’t waste food or money. Keep in mind that you get the most health benefits, including lowering heart disease risk and boosting brain health, from fish if you eat it twice a week.

3 Have a clean-out-the-fridge meal.

Use whatever odds and ends are in the fridge in dishes like stir-fries, omelets, soups, and fried rice. Or breathe new life into past-their-prime veggies by roasting them with a little olive oil, salt, and pepper. “Cooking changes their chemical makeup, extending their life by at least a few days,” says Katherine Miller, vice president of Impact for the James Beard Foundation. After roasting, refrigerate leftovers in an airtight container to enjoy them in salads, pasta, or scrambled eggs.

The average American family of four throws away \$1,365 to \$2,275 of food annually, according to the Natural Resources Defense Council. Those carrots, celery stalks, and asparagus spears might not look as good as they did when you bought them five days ago, but as long as they’re not slimy or moldy, they’re safe to eat.

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4

Stretch your ground beef budget.

We often pay a premium for 90-percent lean ground beef as the healthiest choice, but 80- or 85-percent lean ground meat packs the same protein and iron for less cost; just don't eat it more than once a week. To make meals with ground beef even more nutritious and affordable, Muhlstein likes to combine a pound of ground beef with a pound of cauliflower rice. A 12-oz. bag of cauliflower rice costs about \$3, or toss a head of cauliflower in a food processor for even less. (One head yields about six cups.) The veggie is low in calories and high in fiber, vitamin K, and cancer-fighting nutrients.



Frozen fruits and vegetables are ideal for smoothies. They add nutrients and a frozen texture sans ice.

5

Lean in to frozen produce.

Frozen produce is as nutrient dense as fresh—sometimes more so—at a fraction of the cost. Because they're blanched and frozen almost immediately after being picked, frozen fruits and veggies lock in nutrients that can otherwise diminish during shipping and storage, says Wendy Bazilian, Dr.PH., R.D., and author of *The SuperFoodsRx Diet*. One study found frozen green beans had 40 percent more vitamin C than fresh and frozen strawberries had 36 percent more beta-carotene. Broccoli, peas, corn, cauliflower, Brussels sprouts, and squash work well in casseroles, stir-fries, pastas, and soups. When you find fresh seasonal produce like berries on sale, "make the freezer your friend," Bazilian says. "Rinse and dry them, spread them out on a cookie sheet to avoid clumping, freeze them, then bag them to enjoy for months to come."

6

Make a rotisserie chicken last.

Rotisserie chickens are a great way to get high-quality protein and stretch your budget, Miller says. Sunday dinner can be the breast meat with veggies and rice; Monday serve the dark and white meat pulled for BBQ sandwiches, fajitas, or gyros; and Tuesday stir

what's left into chicken salad (with Greek yogurt, Dijon mustard, celery, lemon juice, dill, and parsley). One large rotisserie chicken has about 3½ cups shredded or cubed meat and typically costs \$5 to \$14, depending on where you shop.



GOOD PICKS ON THE GO

Fast food can be inexpensive and healthy if you make the right choices.

A few to try:

STARBUCKS HEARTY BLUEBERRY OATMEAL

Whole grain steel-cut oats with berries, seeds, and nuts will give you sustained energy.

CHIPOTLE KID'S BUILD YOUR OWN

Fill two tortillas with a choice of protein, beans, rice, and toppers like salsa and guacamole. A side of fruit and low-fat milk complete a meal big enough for an adult.

SUBWAY CHOPPED SALAD

Have them toss rotisserie-style chicken with two to three servings of veggies and oil and vinegar.

WENDY'S SMALL CUP OF CHILI

Pair with a baked potato for filling fiber and protein. ■



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save on **vet bills**

Long live our pets! A big part of keeping pets healthy is making sure they get the proper care. Five strategies to cut costs without cutting corners.

► **Keep up with checkups**

"Just like regularly changing your car oil can prevent a costly trip to the mechanic, routinely taking your pet to the vet can catch a medical problem before it becomes advanced and costly to treat," says Ruth MacPete, D.V.M., a veterinarian in San Diego.

Regular vet visits keep your pet on schedule for vaccinations that prevent deadly diseases like rabies and distemper. Many vets recommend yearly checkups; discuss the best schedule for your pet with your vet.

► **Ask about discounts**

Many clinics offer discounted wellness plans, senior and military discounts, or lower prices on a year's supply of flea and/or heartworm medication. Savings are often tied to events such as National Pet Dental Health Month in February and Heartworm Awareness Month in April.

More vets are starting to offer telehealth visits for established patients when possible; those sessions may cost less than in-person appointments. And always feel confident

about speaking up if the vet recommends a treatment or medication you can't afford; there may be less expensive alternatives.

► **Consider insurance and payment plans**

Pet insurance can reduce the cost of health care, especially in the case of a chronic condition, but also ask if your vet accepts CareCredit, a credit card that lets you pay for veterinary care in monthly installments. Charges are interest-free if you make each payment by a set due date.

Some vets may also offer individualized payment plans, especially for long-standing clients. "Most vets will be more than

.....
56 percent of dogs and
60 percent of cats are overweight or obese.

▼
Keeping pets at a healthy weight can save on vet bills by reducing the risk of heart and kidney disease, arthritis, and diabetes.
.....

willing to work with you; they never want your pet's health to suffer because of financial issues," says Judy Korman, V.M.D., a veterinarian outside Asheville, NC.

► **Tap into community services**

Call to see if your local veterinary colleges, animal shelters, or spay-neuter clinics offer discounted services.

Keep your eye on local news, too, as veterinarians in your area may band together to offer free or discounted vaccine clinics. If you go this route, get a record of any treatment and/or exam to share with your vet. ■



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A layer of memory foam keeps this sturdy workstation comfy. *Kelise Sofia & Sam Lap Desk*, \$75; wayfair.com



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1 CASCADING WALL ORGANIZER

Put a wall to work and save prime desktop space. Six pockets collapse to a letter-size folder. \$15; staples.com

2 CLASSIC STUDENT BOX KIT

Scheduling and setting reminders are fun with a pretty planner decorated with accessories like washi tape and stickers. \$40; thehappyplanner.com

3 ACRYLIC DESKTOP FILE

A clear box of files keeps work sorted and in sight. \$25; Letter-Size Hanging Folders, \$8 for six; containerstore.com

4 KIDS LUNCH-N-PACK 35L BACKPACK

Pockets galore mean a place for everything. A clip-on lunch box won't get squished inside. \$75; burton.com



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5

7



STUDY TIP

Take a movement break every 15–30 minutes. The monotony of sitting in one spot can cause fatigue and decrease focus.



6

5 ACRYLIC DESK STAND

A dry-erase board handles an ever-changing to-do list. Erasing each completed task is so satisfying. \$18; erincondren.com

6 POPPIN WALL SYSTEM COMPONENTS

Cure desk clutter with shelves and bins you hang with magnets, adhesive, or screws. Shelf and File Pocket, \$20 each; Pencil Cup, \$12; containerstore.com

7 CLASSIC BACKPACK XL/CLEAR COLLECTION

No more rummaging through your backpack to find an assignment, pen, or phone. See it; grab it. \$50; herschelsupply.com

8 WEEKLY DESK PAD

A stack of 52 tear-off sheets of weekly planners doubles as a mouse pad so your schedule is always on hand. Pads in Garden Party and Lively Floral, \$12 each; eight Binder Clips, \$16; riflepaperco.com



8



STUDY TIP

Doing homework in a set place every day helps kids build an association with that spot and studying so they can slip right into the mindset and focus.



9



9 ALL-IN-ONE DESK ORGANIZER

Folders and supplies slide neatly into slots and drawers. The closed box is inconspicuous on a bookshelf. \$50; savor.us

homework smarts

getting an assignment, kids should ask themselves, *How many days do I need to spend on this to be successful?*, and mark each of those days on the calendar. ■ **CHECK THREE TIMES A DAY** A planner isn't only for deadlines; it's also a place to write down what books, notes, and assignments need to go to and from school. "I have kids check the planner before they go to school, at the end of school to make sure they're bringing everything home, and again when they get home for their homework schedule," Rosen says. ■

Help kids take charge of their study habits with these tips from a learning specialist. ■ **WRITE IT DOWN** "Kids remember best when they write everything in a planner," says Staci Rosen, director of Concerning Learning in NYC. "That way they can see daily, weekly, and monthly deadlines all in one place without having to zoom in or swipe through a small screen." ■ **PLAN IT OUT** After

A little love when it's needed.



Learn more





I can't illustrate without...

"Listening to a scratchy Billie Holiday or Dave Brubeck album on my Crosley record player is perfection.

When I want to feel like I'm on vacation, I put on Brazilian music from the '60s by Stan Getz and João Gilberto."



promoting pen pals

To preserve the act of handwritten communication, Rebecca started the Secret Society of Letter Writers (SSLW). It's a free club that encourages children to write more. Kids get a pen pal and receive letters and secret messages from the Mr. Boddington headquarters in Brooklyn.

Currently there are over 5,000 members in 60 countries. To sign up, email sslw@mrbboddington.com.

"I do believe this is the time to ditch one's screen and pen a note. It might make us all feel a little more civil and kind to do so."

REBECCA RUEBENSAAL



write habits

"It helps to carve out a special space and time for writing letters and notes. You'll find me at my desk, pen in hand, early in the morning—before my boys demand breakfast."

stamp it

"I keep my drawer stocked with Forever stamps. My favorites are the 1969: First Moon Landing and Ellsworth Kelly."



manners matter

What's the proper way to address a formal invitation? How much should you spend on a wedding gift? *Mr. Boddington's Etiquette: Charm and Civility for Every Occasion* (\$19; Chronicle Books) explains dos and don'ts for tipping, waiting in line, starting a new job, making phone calls. ■

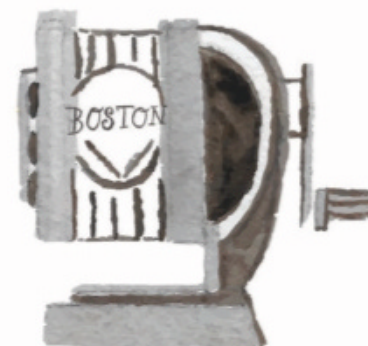


REBECCA RUEBENSAAL

BRINGING BACK THE ART OF LETTER WRITING AND THE IMPORTANCE OF ETIQUETTE

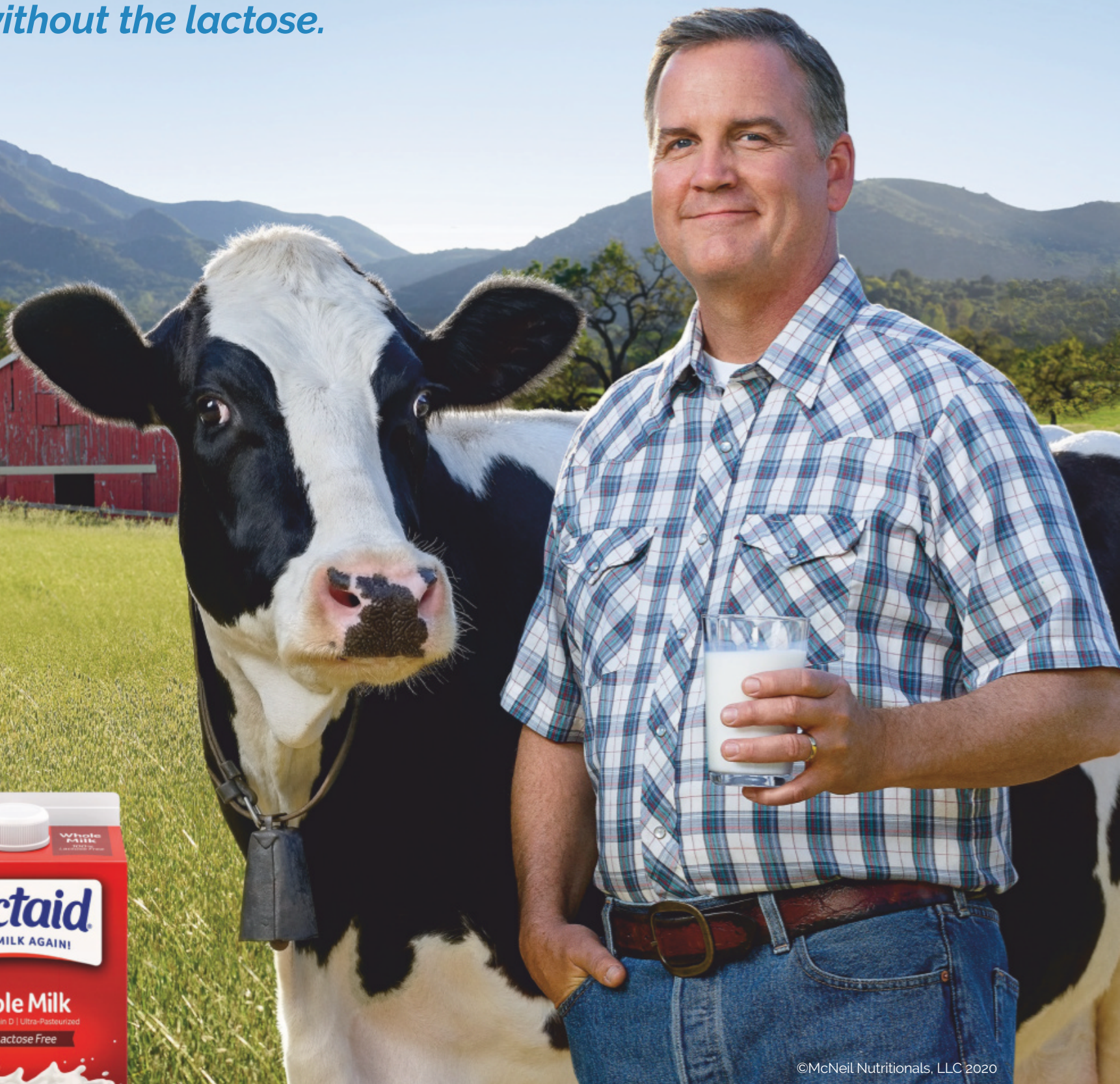
An illustrator and the founder of Mr. Boddington's Studio—the book and stationery design shop named after her imaginary childhood friend—Rebecca shares her creative must-haves and the benefits of putting pen to paper.

I've always been a pencil person. I have had gobs of No. 2 yellow pencils throughout my life. What is even more essential is my metal BOSTON pencil sharpener.



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